THE TONI SAPHRA COOK BOOK



Toni Saphra circa 1910

UNION OF JEWISH WOMEN

2004

THE TONI SAPHRA COOK BOOK

Compiled and Published by the Ladies of the Toni Saphra Group of the Union of Jewish Women

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AVAILABLE FROM:

Union of Jewish Women
7 Albany Road
P. O. Box 339
Sea Point
8005
Ph: (021) 434 9555
Fax: (021) 434 9302
E-Mail: ujwwescape@new.co.za

Mrs M Solomon
8 Morgenrood Road
Kenilworth
7708

Ph: (021) 797 6340
Fax: (021) 761 0920

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FOREWORD

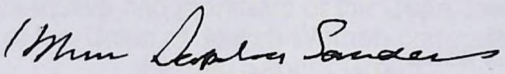
The Toni Saphra group of the Union of Jewish Women (UJW) was established in the late forties. As fundraising is the life blood of all Non-Governmental Organizations (NGOs) your support is indeed very much appreciated.

TONI PLAUT SAPHRA – the founder of the UJW was born in Dettmold, Germany – the eldest of seven children. Her father, Abraham, was a 'lehrer' and Cantor and a musician of note. Toni trained as a singer and remained a music lover all her life. In fact, with her sister Male, who visited her in Cape Town in 1913, they were two of the first subscribers to the Cape Town Orchestra when it was formed by Theo Wendt, its first conductor.

At 23 years of age (+ - 1900) Toni came to Cape Town with her husband Bernard Saphra. She threw herself into the cultural and communal life of the city, becoming in a short while the President of the Nine Muses Club, a founder of the University of Cape Town's College of Music, Secretary of the National Council of Women, a member of St John's Ambulance Association and the first Secretary of the Jewish Women's Association. Toni traveled regularly to Europe with the family – her children - her sons Percy and Charles and her daughter Dolly (Dorothy). Her grandchildren, great-grandchildren, and great-great-grandchildren are now scattered around the world - with the majority living in Israel.

Toni Saphra was a dignified lady with an impressive strong personality. She was also a very kind person. And she was a good cook! My recollection of having wonderful fresh proper coffee with her when she was over 80.... was her grinding the coffee beans by hand in what seemed in retrospect a really antique grinder!

The magnificent achievements of the UJW would certainly have delighted her!



Dr Reeve Saphra Sanders

FROM THE CHAIR.....01 July 2004

On behalf of the Toni Saphra group I would like to thank our advertisers and sponsors for their generous support. The funds generated by the sale of this cookbook will enable our group to continue supporting the following:

African Scholars' Fund
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Sivenathi Home for Handicapped Children
The Emergency Clinic for Raped and Abused Women at Victoria Hospital
The League of the Friends of the Blind

To Charlotte Stone, ably assisted by Alma Riese, goes my heartfelt thanks for their time, effort and enthusiasm. My gratitude to, Vanessa Ferguson who typed the manuscript and without whose help we could not have managed, and special thanks to Pearl Levin who facilitated the completion of this magnificent book.

To you the reader and cook: BON APPETIT.

Mary Solomon
Kenilworth, Cape Town



UNION OF JEWISH WOMEN
CAPE TOWN
SERVICE to those in NEED...irrespective of RACE, COLOUR, or CREED

Well Done Toni Saphra

KOL HAKAVOD

The Executive and members of the Cape Town Branch
of the Union of Jewish Women congratulate
the Toni Saphra Group
on their initiative in producing this magnificent
cook book.

We look forward to preparing and serving the delicious
dishes and secrets of which they are sharing with us.

We wish you everything of the best
in your future undertakings.

Congratulations
to the
Toni Saphra Group
on their
achievements.

▼

Julius Solomon

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The temperature of all our recipes is in Celsius

Daniel Horwitz

New York, USA

Proudly Supports
the Toni Saphra Group
For their aid to
the disadvantaged



9



PETERS PAPERS

wishes to thank the
Union of Jewish Women,
Cape Town branch
for their continued efforts
in helping the
disadvantaged
and abused women
and children of the
Western Cape.

SMOKED SALMON CUCUMBER BITES

60g smoked salmon
250g cream cheese
few drops tabasco sauce
¼red pepper, seeded and chopped
2tsp lemon juice
2 cucumbers
1 lemon
2tbsps cream

Combine salmon, cream, cream cheese, lemon juice and tabasco in a blender or food processor. Puree until smooth. Spoon into a piping bag fitted with a star nozzle. Cut cucumbers into 5mm slices. Pipe salmon mixture onto slices and garnish with tiny lemon wedges and pieces of red pepper. Makes about 36.

* *

HADDOCK BALLS

500g smoked haddock fillets
500ml boiling water
2 potatoes, cooked and mashed
10ml finely chopped parsley
Oil for deep frying
500ml boiling milk
5ml white pepper
1 beaten egg
breadcrumbs

Poach haddock in milk and water for 10 minutes. Drain well and flake fish. Mix fish, potatoes, parsley and pepper. Roll into balls (walnut size). Dip in egg, then roll in breadcrumbs. Deep fry in hot oil until browned and crisp – about 10 minutes.
Makes 36.

TUNA WHEELS

PASTRY:

500ml flour
5ml sugar
125ml milk
125ml grated cheese
10ml baking powder
2ml salt
125ml oil

Sift flour, baking powder, sugar and salt together. Add cheese and mix well. Mix milk and oil together. Add to dry ingredients. Mix to form a pastry and refrigerate.

FILLING:

1 tin tuna, drained and flaked
2 hard boiled eggs, chopped
salt and pepper to taste
mayonnaise to mix
30ml chopped parsley

Preheat oven to 180 degrees. Mix tuna, eggs, onion, salt, pepper and mayonnaise. Roll dough into a rectangle 40cmx30cm. Spread tuna mixture on pastry. Roll up like a swiss roll then shape into circle form on a greased baking sheet. Cut into slices with a knife but not through. Brush with milk, sprinkle with parsley. Bake for 20-30 minutes. Serve hot.
Makes 12 wheels

* *

GRILLED GRAPEFRUIT

2 grape fruit 30g butter 4tbsps sherry
4 dessertspoons soft brown sugar
Halve the grapefruit using curved knife. Remove core, then run the knife round the fruit. Slip the knife either side of the membrane. Remove pips. Sprinkle each half with the sherry and set in dish for grilling. Preheat grill, sprinkle sugar over the fruit and dot with butter. Cook until sugar is lightly caramelised. Serve hot.

GUACAMOLE (MEXICAN AVOCADO DIP)

1 medium avocado
1 clove garlic
1 lemon
1 tomato
¼ cucumber
½ capsicum

Blend together avocado, garlic, lemon juice. Chop tomato and remove seeds. Chop cucumber and capsicum. Mix together and serve with pitta bread chips.

* *

PITTA BREAD CHIPS

Pitta bread
Butter
Garlic
parsley
paprika

Melt butter and combine with crushed garlic and chopped parsley. Split pitta and spread lightly with butter mixture. Sprinkle with paprika and bake at 180 degrees until crisp. Break into "dip sized pieces"

* *

GARLIC PITTA

4-6 small white pitta
olive oil
parsley
garlic
fresh or dried herbs

Cut pittas in half and put in toaster. When brown, open up and place on untoasted side, a mixture of olive oil, chopped garlic, chopped herbs and parsley. Place in oven and allow to brown and crisp. Can be broken into pieces and served on their own or with pate.

ONION TART

PASTRY:

1 cup flour ½tsp salt
2tsp baking powder 60g butter (cut up)

Mix and add 1/3 cup milk slowly. Roll out thinly. Place in greased 27cm ovenware dish. Fry 3 medium onions in butter until glazed . Cool. Whip 3 eggs, add 125g grated cheddar cheese, 2tbsps parmesan cheese, 250ml smetana (or bulgarian yoghurt), salt, pepper, pinch of sugar. Sprinkle with cheese and paprika. Bake at 180 degrees for 30-40 minutes.

Helen Singer

* *

SNOEK PIE

The pastry as above

FILLING:

3 medium onions 3 eggs 350g snoek
1 carton smetana 1 cup grated cheese
Fry diced onions in butter until glazed. Add flaked snoek. Mix on stove. Cool. Using 27cm pie dish, layer grated cheese, then snoek and lastly cheese.

TOPPING:

3eggs (well beaten) and smetana. Bake at 180 degrees for 30 to 40 minutes.

VARIATION:

haddock instead of snoek.

Helen Singer

QUICHES

PASTRY:

500g self-raising flour	250g butter
½cup orange juice	2 eggs

This amount is sufficient for 2 or 3 quiches
Roll out and place in greased pie dish.

CHEESE CUSTARD: 2 L eggs, 2tbsps flour (or flour and mushroom soup powder), 2 cups milk, seasoning.
Beat eggs and milk, slowly add the flour. Add grated cheese (approx. ¾cup). Chopped parsley can be added if desired.

VARIATIONS:

Asparagus: 1 cup asparagus cuts well drained. 2 large onions chopped, and sauteed. Place on dough. Make cheese custard. Pour custard over the asparagus and onion. Sprinkle with parmesan cheese and cayenne pepper.

Spinach: 250g steamed spinach (drained). Season well and cool. Add 500g smooth cream cheese. Spread over pastry. Sprinkle nutmeg. Cover with cheese custard.

Corn: 250g undrained sweetcorn	1tsp salt
250g grated cheese	1 cup cream
1 cup sliced onions	4 eggs
dash nutmeg	1tbsp sugar

Saute onions. Slightly beat eggs, add corn, nutmeg, salt, sugar and cream and pepper. Sprinkle cheese on pie shell, add onion, then pour on the egg and corn mixture.

Haddock and Mushroom:

500g haddock	1 large onion, chopped
250g mushrooms	60g butter

Boil haddock, drain and flake. Saute onion and sliced mushrooms. Season with pepper, add flaked haddock to this mixture. Place in greased oven dish. Pour over cheese custard. Bake at 180 degrees for 30-40 minutes.

SPINACH ROULADE

FILLING:

Boil a bunch of spinach in very little water for 3 minutes, add salt and nutmeg. Mash and add grated cheese.

ROULADE:

Preheat oven at 180 degrees. Butter swiss roll tin and line with baking paper. Butter and flour paper. Melt 60g butter, add ½ cup flour and pinch of salt. Remove from heat. Slowly add 2 cups milk. Heat while stirring, till smooth and thick. Remove from heat. Beat in 4 egg yolks and a teaspoon of sugar. Fold in 4 egg whites stiffly beaten. Pour into prepared tin and smooth. Bake for 45 minutes. Remove to paper lined damp tea towel and turn out of tin. Remove paper lining and let steam escape for one minute. Roll up lengthwise in towel and leave to cool completely. Unroll roulade and spread mixture on it. Roll up again. Wrap in gladwrap and refrigerate.

* *

SALMON AND AVOCADO MOUSSE

2 tubs savoury cream cheese
4-5 avocadoes, seasoned and mashed
2 tins (small) tuna or salmon, mashed and seasoned
5 hard boiled eggs chopped and seasoned

Put layers in lined or oiled loaf tin and build up. Put in fridge. When turned out, decorate with caviar or thinly sliced cucumbers. You can use smoked salmon to line tin. Can be halved

Serves 12

BRUSHETTA

6 slices day-old Italian bread, cut 1.5cm thick

300g fresh ripe tomatoes	**1 small spanish onion**
10 fresh basil leaves	**1 garlic clove**
salt and freshly ground pepper	**olive oil**

Dice tomatoes and onions and mince the garlic. Tear the basil leaves into strips. Mix basil, tomatoes, garlic and onion in a small bowl, set aside. Brush both sides of the bread with a little olive oil and grill until lightly toasted on both sides. (watch carefully, the bread can burn very quickly). When the bread is ready, stir one tablespoon of oil through the tomato mixture and gently heap the tomatoes on to the bread slices. Sprinkle salt and freshly ground pepper on top. If desired, drizzle a little extra virgin olive oil and serve immediately.

* *

SALMON MUSHROOM BOATS

12 small rolls	**1 diced onion**
1 tin cream of mushroom soup	**1 tin salmon**
250g grated cheddar cheese	**125ml cream**
salt, pepper, paprika	**butter**

Slice roll in half lengthways and hollow out soft part. Toast these slightly. Heat butter in pan and fry onion until golden, add drained, flaked salmon, salt, pepper and mushroom soup. Cook until heated through then add the cream. Heat, do not boil. Fill the rolls with salmon mixture and cover thickly with the cheese. Dust with paprika and bake at 200 degrees for 10-15 minutes.
Tuna can be used instead of salmon.

SAVOURY PIE

1pkt crushed salticrax biscuits
1 tin tuna
grated onion
2 small avocado pears
4 hard boiled eggs
1 small carton cream
125g butter
mayonnaise
salt and pepper
lemon juice
250g cream cheese

Crush the biscuits, add melted butter and set aside. Then prepare fillings for the different layers:

Layer 1: combine tuna, a little mayonnaise and grated onion and mix till smooth

Layer 2: mash avocado pears well and mix with a little lemon juice and seasoning to taste.

Layer 3: mix cream cheese with a little mayonnaise or cream to soften (if necessary) and season to taste.

Layer 4: chop hard boiled eggs and mix with cream and salt and pepper.

To assemble pie, press first layer of biscuits crumbs into base of pie dish, then alternate layers of filling with biscuit crumbs in the order given, finishing off with egg layer and a topping of crumbs. Refrigerate.

* *

CORN AND VEGETABLE BAKE

1 onion chopped
½ cup diced celery
½ cup diced red pepper
440g corn kernel drained
½ cup grated zucchini
½ cup grated carrot
½ cup diced spring onion

Mix together:
½ cup self-raising flour, 4 eggs, salt and pepper.
½ cup grated cheese (optional)
Add vegetables. Place in baking dish and bake at 180 degrees for 40 minutes.

VEGETARIAN STUFFED AUBERGINE

1 small can tomato puree
1 ½tsp black pepper
1 cup breadcrumbs
1tbsp oregano flakes
500g grated mozzarella cheese
2 zucchini chopped into small cubes
2 aubergines cut into ½ lengthwise
1 ½ cups oil
1tsp lemon juice
1tbsp basil leaves
3 onions chopped
½ - 1 cup water
1tsp salt

Fry onions until golden. Remove . Fry zucchini lightly for 5 minutes. Remove, add black pepper, lemon juice, tomato puree, ½ - 1 cup water, salt and basil leaves.
Cook on medium for ½ hour. Mix zucchini and sauce together. In another frypan place the 4 halves of aubergine face down in hot oil. Cook for 10 minutes on each side over medium heat. Scoop out softened flesh taking care not to damage shell. Leave a little on the sides. Chop flesh into zucchini mixture. Spoon mixture into the shells and top with breadcrumbs, mozzarella and oregano. Bake in oven until cheese melts.

Serves 4

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CRUMBED BLACK MUSHROOMS

Wash black mushrooms and leave to soak in a little lemon juice and water. Drain, dry well and spice with a little origanum, parsley, herbs, lemon pepper, sweet basil, salt and pepper. Coat in flour. Dip into egg and then crumbs. Fry in oil till crispy.

NB: refrigerate mushrooms covered in crumbs for about 1 hour before frying as crumbs stick together

MOCK CHOPPED LIVER

2x medium sized onions-chop and braise in a little oil until golden brown- set aside
2 hard boiled eggs 100g pecan nuts or walnuts
1x410g tin peas-drain off liquid

Place all above in blender, add salt and pepper to taste. Decorate as for chopped liver.

Shima Bledin

* *

SAVOURY TART

1pkt savoury biscuits 3tbsps butter

crush biscuits, melt butter and mix together. Put crumbed mixture into a small springform tin. Mash two avocados with salt, lemon juice and pepper to taste. Place on top of the biscuit mixture and put into the fridge. Mix together 2 cartons cottage cheese and chopped pickled cucumber. Put this on top of the avocado mixture and return to the fridge. Mix together 2 tins tuna, finely chopped onion and pickled cucumber, add mayonnaise and a drop of tomato sauce. Place on top of the cottage cheese mixture. Grate 3 hardboiled eggs on top and return to the fridge for a few hours. When required, release the ring and use a sharp knife to separate.

SMOKED SALMON ROULADE

680g smoked salmon

MOUSSE:

½ sachet gelatine, soaked and dissolved in a little lemon juice
1 egg white
pinch of cayenne pepper
60ml cream
85ml thick cream

WATER CRESS SAUCE:

1 bunch watercress
1 dessertspoon chopped chives
pinch of grated nutmeg
freshly ground black pepper
140ml mayonnaise
salt
140ml cream

GARNISH:

sprigs of watercress

Trim smoked salmon, place on gladwrap covered tray, 30.5 x 20.5cm. reserve the trimmings.

MOUSSE:

110g smoked salmon trimmings. Place in food processor. Blend until smooth. Beat in egg white, then add cream, nutmeg and cayenne pepper. Mix in the warm, dissolved, gelatine. Lightly whip the thick cream and fold into the smoked salmon mixture. Now spread the mousse over the sliced salmon and roll like a swiss roll from the widest side. To make the watercress sauce: Liquidise together watercress, mayonnaise, cream, chives and nutmeg. Taste and season.

TO SERVE: slice the smoked salmon roulade and serve with the watercress sauce. Garnish with sprigs of watercress.

SNOEK TARTLETS

400g puff pastry
200g smoked snoek
A little cheddar cheese for sprinkling
¾ cup cream cheese
1 XL egg

Preheat oven to 200 degrees. Mix cheese, fish and egg in food processor. Chill the mixture whilst preparing the pastry. Roll out pastry thinly, use a cookie cutter (+ -6cm) to cut into rounds. Spray cookiepans with "cook&bake" and line with pastry. Drop a few teaspoons of fish mixture onto each pastry round. Sprinkle with finely grated cheddar cheese and paprika. These tartlets freeze well.

* *

ASPARAGUS PIE

Roll out puff pastry thinly into a square.

FILLING:

½ cup yoghurt
60g butter 2oz
125g grated cheddar cheese 4 oz
¼tsp prepared mustard
1 tin asparagus cuts
2tbsps flour

Melt butter, add flour, asparagus juice, yoghurt, mustard and cheese. Stir until thick. Add asparagus cuts and cool. Roll out pastry, cover with filling. Roll up as a swiss roll. Brush with beaten egg. Bake at 200 degrees for 10 minutes, then 160 degrees for 20 minutes.

TOMATOES STUFFED WITH ROQUEFORT CHEESE

8 even – sized tomatoes
salt and pepper
2 hard boiled eggs
3 sticks tender part of the celery, finely diced
90g roquefort cheese
2tbsps double cream
4tbsps french dressing
1 tsp chopped chives

Scald and skin tomatoes. Cut off tops from smooth end and carefully scoop out the seeds and core, using a teaspoon, drain and season the insides. Chop the whites of the hard boiled eggs and mix with the celery. Sieve the cheese and work half with cream in a bowl. Combine celery mixture with this cheese and fill into the tomatoes. Replace the tomato lids on the slant. Work the french dressing into the remaining cheese and add the chives. Sieve the egg yolks onto a serving dish, set tomatoes on top and spoon over the dressing.

* *

MOZZARELLA WITH TOMATO AND CHILLI SALSA

5 ripe red tomatoes, seeded and roughly chopped
2x125g balls of mozzarella
1 small red onion very finely chopped
1tbsp sundried tomato paste
2tbsp chopped fresh parsley
1tbsp lime juice (or lemon)
3tbsps extra virgin olive oil
1 red chilli seeded and finely chopped

Slice mozzarella and arrange on plate in circle. Put other ingredients in mixing bowl, season and mix thoroughly. Just before serving, spoon salsa over mozzarella and drizzle with little extra olive oil. (You can also chop anchovies and capers and add to tomato mix instead of chillies.)

POPPYSEED AND TOMATO TART

POPPYSEED PASTRY:

45g poppyseeds
125g flour
1tbsp dark brown sugar
75g chilled butter, cubed
1-1 ½ tbsps milk
½ tsp salt

FILLING:

2 Large onions, sliced
1x400g tin chopped tomatoes
½ tsp castor sugar
dash of red wine vinegar
45g butter
salt and pepper
4-6 basil leaves, shredded (or a couple tsps pesto sauce)
125g Caerphilly or feta cheese, crumbled

Place the poppyseeds in a small non-stick frying pan, and shake gently over a high heat until they begin to give off a nutty smell. Cool. Place the sifted flour in a processor with the poppyseeds, sugar and salt. Add the butter and process in short bursts until it resembles fine breadcrumbs. Pour in the milk a spoonful at a time until you get a crumbly dough. Gather it together in a ball. Line a 23cm tart tin with the pastry, patching and pressing it into shape. Prick with a fork and rest in the fridge for 30 minutes. Bake blind (line with foil or parchment and weigh down with baking beans) at 190 degrees for 15 minutes. Remove paper and beans, prick again and dry out in oven for a further 5 minutes.

To make the filling, soften the onions in the butter, and add all the remaining ingredients, except the cheese. Let the sauce boil vigorously for 10-15 minutes, until thick. Stir frequently to prevent burning. Scatter the cheese evenly over the base of the tart, and cover with the tomato and onion sauce. Return to the oven for a further 25 minutes. Serve hot, warm or cold.

Serves 6-8

Gail Schrire

CUCUMBER MOUSSE

150g cream cheese
½ cup vegetable stock
1 medium English cucumber
salt and freshly ground black pepper
1 extra cucumber, sliced for garnish
½ cup cream
1tbsp gelatine
2tsps lemon juice

Beat cream cheese and cream together until smooth. Sprinkle gelatine onto vegetable stock then heat until gelatine is dissolved. Grate cucumber coarsely and mix into cream cheese, add lemon juice and gelatine mixture and season. Mix well and pour into oiled ring mould. Refrigerate until set, unmould and garnish with thin slices of cucumber. (some crumbled blue cheese like Roquefort can be added to mixture. Use about ¾ cup for tangier taste!)

Pauline Harries

* *

ROASTED GOATS CHEESE WITH VINAIGRETTE SALAD

4 goats cheese
4 handfuls mixed salad leaves
For Coating:
6 hazelnuts, toasted
3tbsps fine dry breadcrumbs
4tbsps hazelnut oil vinaigrette
1 egg yolk

Preheat oven to 200 degrees. Skin warm hazelnuts by rubbing them in tea cloth. Grind finely in processor then mix with breadcrumbs. Beat egg yolks lightly. Dip each goat cheese with beaten egg yolk, then with breadcrumb mixture. Roast cheese on lightly oiled baking tray for about 3 minutes on either side. Remove from oven. Make vinaigrette and toss with salad. Arrange salad on plate and set warm goats cheese in the middle.

SPINACH SOUFFLE QUICHE

PASTRY:

2 cups flour
1tsp baking powder
½ tsp salt
180g butter
1 egg yolk
large pie dish

Grate well chilled butter into dry ingredients then add beaten egg yolk and a little iced water. Roll into a ball, put into a plastic bag and keep in fridge until firm. Roll out and line pie dish with pastry, cover with greaseproof paper. Add dried beans to stop pastry rising. Bake about 10 minutes at 200 degrees. Remove paper and beans.

FILLING:

Spinach (washed well, stalks removed and cooked for 5 minutes in a little water.) Drain well and chop roughly.
(Frozen spinach can be used). Saute finely sliced onion in butter, add to spinach, season with salt, pepper and grated nutmeg. Mix in a 250g tub of cream cheese, 125ml cream or smetana and 3 egg yolks. Season again. Lastly beat 3 egg whites till stiff then fold into mixture and pour into par-baked pastry. Can be topped with grated parmesan cheese. Bake about 30 minutes at 180 degrees and serve as soon as possible.

Vivienne Stein

HOT ASPARAGUS WITH CURRY BUTTER

2 x 440g cans asparagus spears
flour, salt and pepper
½ cup plain flour
2tsps baking powder
oil for deep frying
2/3 cup corn flour
1tsp salt
1 cup milk

CURRY BUTTER:
4 egg yolks
2tbsps lemon juice
250g softened butter
salt and pepper
1tbsp white vinegar
2tsps curry powder
2tbsps chopped parsley

Drain asparagus, place on absorbent paper to absorb liquid. Allow to drain on paper for 30 minutes. Gently coat asparagus with seasoned flour. Sift plain flour, corn flour, baking powder and salt into bowl. Make a well in centre of dry ingredients, gradually add milk and stir till combined. Spoon asparagus into batter, drain off excess batter then spoon into deep hot oil. Cook until golden. Remove from oil and drain on absorbent paper. Serve immediately with prepared curry butter.

CURRY BUTTER:
Place egg yolks in top of double saucepan, add vinegar, lemon juice, butter and curry powder, mix well. Place over simmering water, stir until butter melts and sauce thickens. Remove from heat immediately. Add salt, pepper and parsley. Stir until combined.
(the 440g cans of asparagus labeled "giant" or "large" are ideal for this.)

BOUREKAS

PASTRY:

2 cups flour
1tsp salt
125g butter
8tbsps iced water

VARIATIONS:

Thinly rolled puff or phyllo pastry

FILLING:

60g butter
2tbsps flour
½ cup milk
125g cheddar

PASTRY:

Sift flour and salt. Grate in butter then blend into a dough with the cold water. Refrigerate whilst preparing the filling.
Melt butter in pan, stir in the flour, slowly add the milk, stirring constantly till smooth and thickened. Fold in grated cheese and remove from heat immediately. Allow to cool thoroughly. Roll out dough on a floured board about 1cm thick, cut in rounds. Place a teaspoonful of filling on each round and press edges together with a fork. Fry in oil, 1cup, till golden brown. Drain on absorbent paper. These bourekas can be fried early in the day and reheated on a biscuit tray when ready to serve. Heat in 180 degrees oven, + - 10-15 minutes.

VARIATIONS: Other fillings can also be used instead of the cheese, such as tuna, diced mushrooms, spinach.

CHEF TIP: uncooked bourekas can be frozen. Use as required.

ASPARAGUS AND ARTICHOKES

2x315g tins asparagus spears
470g can artichokes
Vinaigrette Dressing:
1 onion
1/3 cup oil
pinch of sugar
1 hard boiled egg
lettuce
¼ cup chopped parsley
1/3 cup white vinegar
1tsp capers
salt and pepper

Drain asparagus. Drain and halve artichokes hearts. Arrange lettuce on platter. Place asparagus and artichoke hearts on lettuce, spoon dressing over.

DRESSING:
Peel and finely chop onion, put in bowl, add parsley, oil, vinegar, finely chopped capers, salt and pepper. Remove yolk from egg. Finely chop only egg white. Add to dressing. Mix well.

* *

PECAN CHEESE SPREAD (in processor)

½ cup pecan nuts
¼ small onion
250g cream cheese
½ can crushed pineapple, well drained
¼ green pepper
½ tsp seasoning salt (to taste)

Steel Knife:
Process nuts till coarsely chopped, about 8-10 seconds. Empty bowl. Process green pepper and onion with 2 quick on\off turns. Add cheese and seasoning salt and process until well creamed about 20 seconds. Add pineapple and nuts. Process with several on\off turns to mix. Place in a serving bowl and chill 2-3 hours. Serve.

CHEESE PUFFS

375g pkt puff pastry
125g cheddar cheese
2tbsps chopped parsley
2tbsps milk
2tsps curry powder
6 spring onions
salt, pepper
1 egg

Cut pastry in half. Roll each out thinly on lightly floured board. Cut into rounds 8cm wide. Combine grated cheese, parsley, curry powder, finely chopped onions, salt and pepper. Put small teaspoonfuls of filling into centre of round, brush edges of pastry with combined beaten egg and milk. Fold edges together, pinch well. Put puffs on greased oven trays, brush well with the egg – glaze. Bake at 200 degrees for 15-20 minutes or until golden brown. Makes + - 30

* *

CHOPPED EGG AND ONION

6 hard boiled eggs
1 small bunch of spring onions

Chop onions and eggs. Add salt to taste and add as little mayonnaise as holds it together.
(Can be used as sandwich spread)

* *

BAKED OMELETTE

Melt 60g butter in oven bake dish. Beat up 4 eggs. Fry some chopped onions with some mushrooms until soft. Add ½ cup grated cheddar cheese. Pour into hot butter add beaten eggs and bake at 180 degrees for 25 minutes. (Any left-overs plus cheese can be used)

Essie Furman

SPINACH DIP

250g frozen spinach
1 cup sour cream
salt, pepper
1cup mayonnaise
6 chopped spring onions
nutmeg

Drain spinach well: mix with all other ingredients and serve with pitta bread or crisps

* *

GORGONZOLA ROLL

250g gorgonzola or blue cheese cayenne pepper
puff pastry 1 egg some smoked salmon slices

Knead the cheese into a paste and season with a pinch of cayenne pepper. Divide it into 8 balls, then roll each into cork shape and wrap in slices of salmon, then in rectangles of puff pastry. Coat the top with beaten egg. Bake in a very hot oven at 220 degrees for 20 minutes.

* *

ASPARAGUS AND CURRY DIP

250g smooth cream cheese
430g tin asparagus cuts-(green)
2tsps curry powder
2tsps lemon juice (optional)
½ pkt French onion soup mix
½ cup sour cream
¼ cup mayonnaise
1tsp prepared mustard

Blend all ingredients and chill. Serve with crudities or crackers.

SMOKED SALMON TROUT DIP

1 smoked trout
1 hard boiled egg
4tbsps mayonnaise
2tbsps oil
black pepper

Remove skin and bones from trout. Flake pieces into food processor taking care to remove all bones. Add rest of ingredients and process until desired consistency.

* *

ORIENTAL DIP

½ cup finely chopped leeks
¼ tsp ground coriander
1tbsp worcestershire sauce
2tbsps chopped sultanas
2tbsps chopped preserved ginger
1tsp curry powder
2tbsps mayonnaise
250ml sour cream
2tbsps chopped parsley

Combine all ingredients and chill for 2 hours.

* *

NUTTY CHEESE DIP

1 carton cottage cheese
¼ cup peanuts chopped
salt and pepper to taste
60g softened butter
½ cup sour cream

Beat butter and cheese together and mix in remaining ingredients.

* *

EGGPLANT SALAD DIP

1 medium eggplant
1 garlic clove, or garlic salt
1 medium onion, minced
¼ cup lemon juice
½ cup mayonnaise
½ tsp salt
pepper

Bake the eggplant in the oven until tender. When skin is charred, soak in cold water and peel. Blend with remaining ingredients, adjust seasoning and serve with crudités.

SAVOURY PUFFS

CHOUX PASTRY:

60g flour
125ml water
2 (L) eggs
¼ tsp salt
60g butter

AVOCADO FILLING:

2tbsps lemon juice
1tbsp chopped onion
salt
cayenne pepper
2 avocados, halved, stoned, peeled and cubed

TO MAKE PASTRY:

Sift flour and salt, bring to boil water and butter. When butter has melted, remove from heat and add the flour, all at once. Stir vigorously to combine. Return pan to heat and stir until mixture forms a ball that leaves the sides of pan clean. Remove from heat and cool for a few minutes. Transfer mixture to a food processor fitted with a plastic blade. With motor running, add eggs one by one, making sure that the first egg has been incorporated completely before adding the next. Pipe marble – sized moulds onto lightly greased sheets. Bake + - 30 minutes at 200 degrees, until golden and barely moist inside. Cool on wire rack.

AVOCADO FILLING:

Combine avocado, lemon juice and onion in a food processor. Process until smooth. Season to taste with salt and cayenne. Cut puffs in half horizontally, slicing them only about ¾ through. Spoon or pipe filling inside. Serve at once.
Makes about 36

Cont'd overleaf

VARIATION:

Cucumber Puffs:

Make 36 puffs as described in recipe for avocado puffs. Combine 2 medium cucumbers, 3tbsps chopped fresh parsley, 1 quartered onion in a food processor. Chop finely. Add enough mayonnaise to make a creamy paste. Season. Fill cold puffs.

MUSHROOM FILLING:

Sauté chopped mushrooms with a little chopped onion. When cooked add some flour to pan and allow to cook. Add seasoning. Pipe into choux pastry.

CHEESE CHOUX:

Add grated cheddar to choux pastry. Bake as indicated. Roll into grated cheese when warm.

KITCHEN TIP:

The puffs may be cooked in advance, packed in sealed freezer bags and frozen until required. Thaw in bags for + - 1 ½ hours. They may appear rather soft when they are first thawed, but will soon regain their crispness if transferred to baking sheets and cooked in preheated 180 degrees oven for 5 minutes.

CHEESE BOMBE

100g brie or camembert cheese (more if you wish)
250g cream cheese 60ml butter
pinch salt freshly ground pepper
100g pecans or walnuts, lightly toasted and chopped

Remove skin from cheese and process with cream cheese, butter, salt and pepper until smooth. Put the mixture into a small bowl lined with cheese cloth and leave in the refrigerator to firm. Invert onto a plate just before serving. Press the nuts into the sides and over the top. Serve with crisp biscuits.

* *

SALMON FRITTATA

30g butter 1 onion chopped
1 tomato diced 4 eggs
185ml milk freshly ground pepper
1 leek, white part only, thinly sliced
2 spring onions finely chopped
½ green pepper, seeded and finely chopped
155g smoked salmon, chopped

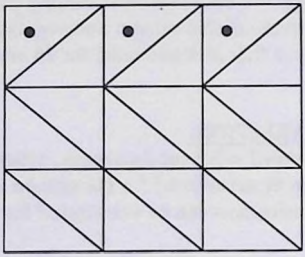
Melt the butter in a frying pan. Add the onion, spring onions, pepper and leek. Cook over moderate heat for 4-5 minutes until softened but not browned. Add tomato and salmon, cook for 1 minute, then remove the pan from the heat and allow mixture to cool to room temperature. Preheat oven to 180 degrees. Beat the eggs and milk in a bowl, adding plenty of black pepper to taste. Stir into the cooled salmon and vegetable mixture. Pour into a greased 20cm flan dish and bake for 25 minutes. Serve at once. Serves 6.

VARIATION:
Canned salad cut asparagus, artichoke hearts. Any smoked fish can be substituted for the salmon above, also 185g sliced mushrooms can be substituted for the salmon.

GREEK TRIANGLES

1 large bunch spinach
(approx. 20 sticks)
30g butter
salt, pepper
4 spring onions
30g butter (extra)
2tbsps flour
pinch nutmeg
¾ cup milk
125g feta cheese
500g phyllo pastry
oil

Wash spinach, coarsely chop leaves. Put in a saucepan with butter, salt, pepper and chopped onions. Cover, bring to the boil, reduce heat and cook spinach until tender. Drain well. Chop spinach finely. Melt extra butter in pan. Stir in flour and nutmeg. Cook, stirring for 1 minute. Add milk. Stir until sauce boils and thickens. Remove from heat. Stir in the spinach and chopped feta cheese. Cool. Carefully put one sheet of phyllo on a board (the other sheets must be kept moist with a wrung-out damp cloth) paint with oil onto the phyllo sheet with pastry brush. Cut each sheet into 3 oblongs by drawing a sharp knife down the pastry. The sheets are very fragile, so do not lift. Place a teaspoonful of filling in a corner of one of the oblongs (as for a samoosa) and by folding and thus enclosing the mixture, work your way to the end. Oil edge and stick it down firmly. Brush top with oil. Repeat until all the filling and pastry have been used. (you will get 3 triangles from each sheet.) grease baking sheet lightly. Bake at 180 degrees for approximately 15 minutes, until puffed and golden. If frozen, place unbaked frozen triangles in the oven as above, but bake for about 5-10 minutes longer, watching well that they do not burn.



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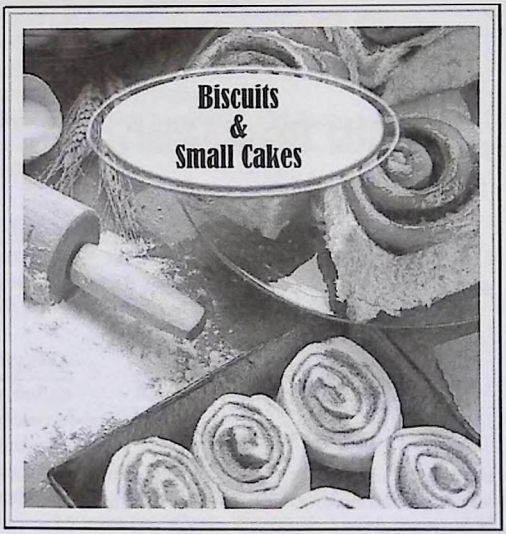
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Cynthia &
Ivan Kapelus

London, England

PIPED BISCUITS

Basic Dough: 250g butter **80ml icing sugar**
375ml flour **125ml corn flour**
Cream butter and icing sugar until soft and creamy. Sift flour and corn flour and work into butter mixture.

ORANGE CREAM FILLING:

250ml icing sugar (sifted) **60g butter**
12.5ml freshly squeezed orange juice
5ml grated orange rind
To Decorate: sifted icing sugar
Spoon dough into piping bag, fitted with large rosette tube. Pipe large stars on lightly greased baking sheets. Bake at 180 degrees for 12-15 minutes. Cool.

ORANGE CREAM FILLING:

Cream butter, icing sugar and orange rind. Gradually beat in orange juice. Sandwich pairs of biscuits together with filling. Dust lightly with icing sugar. Makes about 15 pairs.

VARIATION:

1 quantity dough
glace cherries cut into quarters
warmed, sieved apricot jam
Spoon dough into piping bag with large star tube. Pipe shells on lightly greased baking sheets. Place cherries on points. Bake at 180 degrees for + - 15 minutes. Cool. Carefully brush warmed jam over surface of each biscuit.

Makes about 18.

GINGER DELIGHTS

300g flour
250ml sugar
1tbsp ground ginger
12 cherries
9 pieces preserved ginger
250g butter
salt
1 egg
1tsp baking powder

Melt butter. Add flour, sugar and other dry ingredients. Beat eggs separately and add to mixture. Add ginger pieces and cherries cut into pieces. Press dough into greased tin, 400x200, and bake at 200 degrees for 20 minutes. While still hot, ice with lemon flavoured icing mixed to a thick consistency. Allow to cool. Cut into squares.

Essie Freedberg

* *

ALMOND CRESCENTS

250g butter
1 XL egg (lightly beaten)
275ml soured cream
egg glaze
25ml sifted icing sugar
250g castor sugar
5ml almond essence
300g flour
50g nibbed almonds

Cream butter and sugar, until light and creamy. Add egg, almond essence and cream. Add sifted flour and work into creamed mixture. Knead lightly. Wrap in gladwrap and chill in fridge for 1 hour, break off small pieces of dough and form into crescent shapes. Brush with egg glaze and coat half biscuits with nibbed almonds. Place on sprayed tin and bake at 180 degrees for + - 15 minutes. Cool. Sift icing sugar on plain biscuits. Store in airtight container.

EASY FLORENTINES

¾cup sultanas
2 cups crushed corn flakes
2/3 cup condensed milk
½cup chopped cherries
90g dark chocolate
¾cup raw peanuts

Combine all the ingredients except the chocolate in mixing bowl. Mix well. Grease flat trays, line with greaseproof paper. Grease paper, then dust lightly with corn flour. Shake trays to remove excess corn flour. Place dessertspoonful of mixture in small heaps on trays. Bake in moderately slow oven (+ - 140 degrees) for 15-20 minutes. Leave on trays to cool, before lifting off carefully with spatula. Melt chopped chocolate over hot water, remove from heat and stir until thickened slightly. Spread chocolate over flat side of biscuit. Mark with fork. Allow chocolate to set before storing in airtight tins.

Makes + - 24

* *

THIMBLE COOKIES

½cup butter
1 egg separated
1 cup sifted flour
jelly or jam
½cup sugar
1tsp vanilla essence
nuts (finely chopped)

Cream butter, add sugar gradually and mix well. Add well beaten egg yolk, vanilla essence and flour. Shape into balls about the size of a walnut. Dip into unbeaten egg white, roll in nuts. Dent in centre with thimble. Place on greased baking sheet. Bake at 180 degrees for 5 minutes. Dent again and bake for 12-15 minutes. Fill with jam while still hot.

Esse Freedberg

LAMINGTONS

125g butter
¾cup castor sugar
1tsp vanilla essence
2 eggs
2 cups self-raising flour
pinch of salt
½cup milk

Cream butter, sugar and vanilla essence together until light and fluffy. Add eggs one at a time, beat well. Fold in sifted dry ingredients alternately with milk. Pour cake mixture into a well greased 18cmx28cm tin. Bake at 160 degrees for 30 to 40 minutes. Allow to stand in the tin for a few minutes before turning out onto a cake cooler. It is best to make the cake the day before you want to cut and ice the lamingtons, as fresh cake will usually crumble. Cut cake into squares. Dip in chocolate icing, then toss in coconut.

ICING: sift 500g icing sugar and 1/3 cup cocoa into basin. Add 2 teaspoons melted butter to ½ cup warmed milk. Add sufficient milk to icing sugar mixture to make a smooth coating consistency, beat well.

* *

BROWNIES

60g dark chocolate
1/3 cup butter
1 cup sugar
2 eggs
¾cup flour
½tsp baking powder
pinch of salt
½cup chopped nuts

Heat oven 180 degrees, grease a square pan. Melt chocolate and butter over hot water. (can use in microwave). Beat in sugar and eggs. Blend in sifted flour, baking powder and salt. Mix in nuts. Spread in pan. Bake for 30-35 minutes.

ICING: Melt tbsp butter and 30g dark chocolate. Blend in 1 ½tbsps warm water. Beat in about 1 cup sifted icing sugar. Spread over cooled cake, cut into squares.

ITALIAN BISCOTTI

100g hazelnuts, toasted & skinned
200g walnuts, coarsely chopped
5ml bicarbonate of soda
100g white sugar
10ml cinnamon
450g flour
2ml salt
80ml oil
3L eggs, beaten

Preheat oven 165 degrees. Oil swiss roll tin. Sift dry ingredients. Reserve 30ml of beaten egg. Add rest to flour, etc. stir in oil and add cold water if needed. Place into tin, and paint with 30ml egg. Bake for 25 minutes, cut into fingers. Return to oven and bake (further 25 minutes). Cool on rack.

* *

BULKAS

250g butter ¾cup milk
Melt on stove and allow to cool.
Beat 3 eggs very well. Add milk mixture. Sift together the following three times.
4 cups flour 1tsp salt
½cup sugar 1pkt instant yeast and mix

Add dry to wet. Beat very, very well. Place dough in a bowl, cover well and leave overnight to rise. When ready , knead and divide into 4 portions. Roll each portion into a rectangle about 5mm thick. Spread lightly with melted butter. Sprinkle with cinnamon, can add sultanas if desired. Roll and cut into portions. Place in greased muffin tins, cut side up, and allow to rise. When risen, brush over with beaten egg. Sprinkle with cinnamon and sugar. Bake at 200 degrees for first 7 minutes. Then 180 degrees until golden brown.

Lorraine Scheckter
Port Elizabeth

EGG AND TUNA MUFFINS

1 can tuna in brine, flaked
1 cup grated mild cheese
1tbsp baking powder
2 hard boiled eggs, sliced lengthways
1 egg
1tsp salt
1 cup flour

Make up liquid from tuna to ¾ cup with water and mix with tuna, egg, flour, salt, baking powder and cheese until combined. Fill greased muffin pans ¾ full, and bake at 200 degrees for 12-15 minutes. Leave to cool for 5 minutes then make a small diagonal split in top of each muffin and insert 2 slices of hard boiled egg.

* *

POTATO AND SUN-DRIED TOMATO MUFFINS

3 cups peeled and grated potatoes
8 sun-dried tomatoes, finely chopped
1 clove garlic, finely chopped
1tsp baking powder
2 egg whites, beaten to a soft snow
½ cup flour
½tsp salt
2 egg yolks
3tbsp olive oil

Rinse and drain potatoes. Mix with all ingredients except egg whites. Fold in the beaten egg whites. Spoon into greased muffin pans. Bake at 200 degrees for 20-25 minutes.

BLUEBERRY SOURMILK MUFFINS

125ml sugar
2 eggs
250ml sour milk
500ml flour
2ml baking powder
60ml oil
2ml bicarbonate of soda pinch of salt
250ml blueberries (if canned, drain well)

Beat eggs, add sour milk, oil and sugar. Place sifted dry ingredients in another bowl and make a well in centre. Add the egg mixture to the dry ingredients, mixing till just combined. Carefully stir in the blueberries. Spoon into greased muffin pans and bake at 200 degrees for 15-20 minutes.
(may be replaced by strawberries, peaches, rhubard or a mixture). Freeze well.

* *

CORN AND TOMATO MUFFINS

¾ cup cornmeal
1tbsp sugar
1 egg white lightly beaten
1tbsp minced fresh basil
2/3 cup milk
½ cup jam tomatoes, seeded and diced
½ cup flour
3tsp baking powder
¼tsp salt
fresh oregano

Combine cornmeal, flour, sugar, baking powder and salt. Set aside. In another bowl combine milk, egg white, tomato and herbs. Pour into flour mixture, stirring well. Spoon into well sprayed muffin pans. Bake at 200 degrees for 20 minutes.

SPINACH AND CARAMELISED ONION MUFFINS

2 onions, diced
2 ½ cups flour
1tsp baking powder
½ tsp salt
2/3 cup oil
2 eggs
1tsp olive oil
¼ cup sugar
¾ cup milk
1 bunch spinach, washed & dried
½ cup grated parmesan cheese for the top

Cook the diced onions slowly in olive oil on medium till richly caramelised. Cool. Add spinach to pan and cook on high till leaves are wilted. Remove to cool. When cool, chop finely. Combine dry ingredients in bowl and mix. Add eggs, milk and oil to the dry ingredients as well as onions and spinach. Mix together well. Scoop into greased muffin pans, filling two thirds full. Sprinkle tops with parmesan. Bake at 215 degrees for about 15 minutes.

* *

SPICY BUTTERNUT MUFFINS

1 cup flour
¼ cup sugar
½tsp cinnamon
½tsp ginger
2 eggs
¾ cup milk
1 cup whole wheat flour
1tbsp baking powder
½tsp nutmeg
½tsp ground cloves
¼ cup oil
1 cup pureed butternut

In a large bowl, mix dry ingredients. In a separate bowl, beat together eggs, oil, milk and butternut. Add to dry ingredients and stir till combined, but still lumpy. Spoon into greased muffin tins and bake at 200 degrees for 20-25 minutes.

BAILEY'S CREAM CHEESE AND CHOCOLATE MUFFINS

90g cream cheese
1 egg
1/3 cup water
100g grated chocolate
2tsps baking powder
2tbsps cocoa
1 ½tbsps Bailey's Irish cream
¾ cup milk
50g butter
1 ½ cups flour
½tsp salt
½ cup sugar

Beat cream cheese till smooth, add Bailey's and beat again. Beat together till well combined, egg, milk, water, butter and chocolate. Sift remaining dry ingredients into egg mixture and stir till combined. Fill muffin pans one third full. Make a hollow in centre and fill with tsp cream mixture. Fill three quarters full with remaining muffin mixture. Bake at 190 degrees for 20 minutes.

* *

BRANDY SNAPS

2tbsps flour, heaped
¼tsp lemon rind or juice
2tbsps syrup
2tsp brandy
½tsp ginger
2tbsps butter
2tbsps sugar

Place syrup, butter and sugar into a saucepan, stir over low heat until butter has melted. Remove from heat, stir in sifted flour, ginger and lemon rind or juice and brandy. Mix well. Drop teaspoonfuls of mixture on a lightly greased baking sheet. Allow room for spreading. Bake at 180 degrees for 5-10 minutes. Roll around handle of wooden spoon while warm. If they harden, replace in oven for a few seconds.

FOR SERVING:
Pipe whipped cream into each end of brandy snap, just before serving, otherwise they will soften quickly.
Brandy snaps keep well unfilled in a airtight container.

CHOCOLATE MINT SLICES

BISCUIT LAYER:

1 ½ cups self-raising flour
1 cup desiccated coconut
185g butter
½ cup brown sugar

PEPPERMINT ICING:

1 cup icing sugar
¼ tsp peppermint essence
1 ½ tbsps milk
30g white margarine (solid)

CHOCOLATE ICING:

½ cup drinking chocolate
90g white margarine (solid)

BISCUIT LAYER:

Sift flour, mix dry ingredients together, melt butter and pour over dry ingredients, mix well. Press into greased and baking paper lined swiss roll tin. Bake at 190 degrees for 20 minutes. While still warm, top with peppermint icing.

PEPPERMINT ICING:

Melt chopped white margarine over gentle heat. Sift icing sugar into basin, add melted margarine, milk and essence. Mix well, spread over biscuit layer. When cold, top with chocolate icing.

CHOCOLATE ICING:

Pour melted white margarine over drinking chocolate and mix well. Cool slightly, then pour evenly on top of peppermint icing. Leave to set, cut into slices to serve.

ROMANY CREAMS

Cream together: 250g butter
1 cup sugar
Add 1 ½ cup coconut
2 cups flour
1 tsp baking powder
3 tbsp cocoa dissolved in ½ cup boiling water
Mix well. Drop teaspoonful on greased baking sheet. Bake 180 degree 10 – 15 minutes. Sandwich together with melted chocolate.

Helen Singer

* *

PITAKA(Sephardic)

100ml oil
225ml water
½ tsp salt
pinch bicarbonate of soda
600g flour
Mix the above ingredients together. Roll into walnut-sized balls. Roll out very thin (dough should be soft). Fry in hot oil. Drain on absorbent paper. Pour honey over. Top with ground almonds. Sprinkle cinnamon on top.

Helen Singer

* *

NUTTEES

1 cup chopped pecan nuts
½ cup cornflour
½ cup flour
2 tbsps castor sugar
125g softened butter
pinch salt
½ tsp vanilla essence
Mix all together. Roll into balls. Slightly flatten with fork. Bake at 160 degrees for 30 minutes. Sprinkle with castor sugar.

MOCK TAIGELACH

Cut up 250g dates – put on stove with 1 cup boiling water.
Add 1 cup sugar
2 tbsps ginger
3 pieces preserved ginger
Add cut up walnuts
Stir on stove for 3 minutes from start to boil. Cool. Add 1 beaten egg slowly. Boil as above. Add 1 packet marie biscuits which have been chopped up. Roll into balls and dip in coconut

Helen Singer

* *

STUFFED MONKEYS

500g self raising flour	1 cup sugar
250g butter	3 eggs
1 tsp vanilla essence	apricot jam
mince fruit mix	

Cream butter and sugar. Add flour, now take off 1 cup of this mixture and set aside. To the remainder of the mixture add the beaten eggs and vanilla. Divide dough into 7 strips. Roll each strip out. Cover with apricot jam and mince fruit mix. Roll up. Paint with beaten egg and sprinkle the crumb-like mixture which was set aside. Bake at 180 degrees + - 40 minutes. Cut when cold.

Helen Singer

COFFEE SULTANA SQUARES

250g butter
2tbsps syrup
2 cups flour
pinch salt
125g sugar
handful of sultanas
2tsp baking powder

Cream butter and sugar. Add syrup, flour, baking powder, salt and sultanas. Press into shallow pan. Bake at 180 degrees for 20 minutes, until golden cream colour. When baked spread the icing on top whilst hot. When iced, cut into squares.

ICING:

250g icing sugar
1tsp butter
1tsp instant coffee
few drops vanilla essence, dissolved in hot water.

* *

JAM TURNOVERS

1 egg yolk
1 cup thick cream
pinch of salt
125g butter
2tsps baking powder
+ - 2 cups flour

Mix butter, egg and cream. Add salt, baking powder and enough flour to make a soft dough. Roll out thinly, cut in rounds. Put jam in centre and fold over. Press edges together with a fork. Paint with beaten egg white and sprinkle with sugar. Bake at 160 degrees + - 15 minutes.

SWISS TEA DAINTIES

125g butter
1 ½ cup flour
1tsp baking powder
¼tsp salt
1/3 cup castor sugar
¼ cup ground almonds
yolk of 1 egg

Cream butter and sugar. Beat in the yolk and add ground almonds. Add sifted flour, salt and baking powder. Mix well. Roll out 5mm thick and cut into small rounds. Bake at 160 degrees for + - 10 minutes. When cold, sandwich with jam, top with icing. Decorate with cherries.

ICING:

½ cup icing sugar
½tsp flavouring

Mix with enough cold water to blend to spreading consistency.

* *

JAFFA BISCUITS

½ cup + 1tsp butter
125g castor sugar
finely grated orange rind
1 egg yolk
2 cups flour

ORANGE BUTTER CREAM

1 cup + 1tbsp icing sugar
60g butter
1tsp finely grated orange rind
1tbsp fresh orange juice

Cream butter and sugar together until light and fluffy. Beat in egg yolk and orange rind. Stir in flour little at a time and knead lightly. Roll out 5mm thick with cutter. When baked put together with icing. Sprinkle with
icing sugar. Bake at 180 degrees + - 10 minutes.

DATE BALLS (NO BAKE)

125g butter
1 cup sugar
450g stoned dates
1 egg (beaten)
1 packet marie biscuits
coconut for rolling

Chop dates, break biscuits (size less than ½ cm) Melt butter, add sugar (on low heat). Take off stove, add egg, dates and biscuits. Mix well. Put back on stove for 5 minutes, stirring well. Remove from stove. Roll mixture into balls (2cm) cover with coconut by rolling in it.

* *

BAR ONE BISCUITS (NO BAKE)

2 ½ giant bar-ones melted with 90g butter in microwave (if no micro-use the stove, stir to prevent burning) stir in 3 cups of rice crispies. Press into oblong pan (33 x 23cm)
Melt 200g milk chocolate with 300g butter. Spread on top. Refrigerate. When set, cut into squares.

* *

FRIDGE MARIE BISCUITS (NO BAKE)

2 cups icing sugar
2tbsps cocoa
1tsp vanilla essence
1 packet marie biscuits
125g butter
1tsp dry coffee
pinch of salt
1 beaten egg

Melt butter, add sugar, cocoa, coffee stir well. Remove from heat, add beaten egg and vanilla essence. Put back on stove. Break up biscuits into little pieces and add to mixture. Pat into baking tin (33 x 23cm), place in fridge to set. Cut into squares.

CHOC – DATE BISCUITS

180g butter
1tbsp syrup
1tsp vanilla essence
1pkt dates chopped
1tsp bicarbonate of soda
1 cup sugar
1 beaten egg
2 cups flour (sifted)
1tsp baking powder

Cream butter and sugar well. Add syrup, beaten egg and flour. Mix. Add baking powder, bicarbonate of soda, vanilla essence and dates. Mix well. Place into greased baking tin (34 x 23 cm) with sides (like a lamington one). Bake at 180 degrees for 30 – 35 minutes.

Pour icing over hot mixture and cut into squares when cool.

ICING:

60g butter
1tsp vanilla essence
150g sifted icing sugar
1 heaped tbsp cocoa

Add enough water to make pouring consistency. Decorate with nuts.

* *

DATE SQUARES

450g stoneless dates (chopped)
5 slightly heaped tbsp flour
2 level tsps baking powder
1tsp vanilla essence
1 cup mixed nuts
¾ cup sugar
pinch of salt
3 eggs

Sift flour, baking powder and salt. Add dates, nuts and vanilla essence. Mix well. Add eggs. Mix well. Spread mixture on greased baking tin (34 x 23 cm) . Bake 180 degrees for 30 – 40 minutes. Allow to cool. Sprinkle with castor sugar. Cut into squares.

Esse Freedberg

ORANGE SLICES

250g butter
240g sugar
250g flour
rind of orange (finely grated)
juice (½ cup) of an orange
3 eggs
2tsps baking powder
2tbsps boiling water
½tsp salt

Cream butter and sugar, add juice and rind, boiling water. Add eggs one at a time, beating well after each egg. Add dry ingredients, beat well. Bake in a large oblong ovenware dish at 170 degrees for ½ -3/4 hour. Test after ½ hour. Whilst hot, prick with a toothpick and pour over the following hot mixture.
Juice and rind of 1 orange
Juice of a lemon
½ cup sugar
2tbsps icing sugar
Boil 5 minutes and pour over.
You may need less juice. Keep in freezer and cut off squares as required.

Jessie Trakman

****

COCONUT TARTLETS

2 cups flour
3 eggs
125g butter
2tbsps baking powder
2tbsps sugar
½ cup coconut

Sift dry ingredients and rub in butter. Beat egg yolks and add to mixture. Roll out the dough, cut into rounds and place in greased patty pans. Beat egg whites stiffly, add in sugar gradually and then the coconut. Mix well. In each tartlet place a teaspoon of jam and a dessertspoon of coconut mixture as a topping. Bake at 180 degrees for 10-15 minutes.

APPLE TARTLETS

125g butter
2tbsps castor sugar
1 egg
2tbsps oil
2 cups flour
2tsps baking powder

Cream butter and sugar together. Add oil and blend well. Sift flour and baking powder together. After beating egg well add to flour mixture together with the butter and sugar mixture. Mix well. Roll out and cut into rounds and place in patty pans. (remember to grease the pans) fill with apples (either boiled or tinned, drained) and top with 1 cup brown sugar, 125g butter and ¾ cup flour which have been mixed together. Bake at 180 degrees for 15 minutes.

* *

CARROT MUFFINS

Wet mix: 3 eggs
1 cup plain yoghurt
1cup grated carrot
½ cup sugar
½ cup oil
½ cup chopped walnuts

Dry mix: 3 cups self raising flour
½tsp bicarbonate of soda
1tsp cinnamon

Beat together the eggs, sugar, oil and yoghurt. Add the carrot and walnuts. Fold in the dry mix. Place in muffin pans (greased) and bake at 200 degrees for 20 – 25 minutes.
Makes 12.

VARIATION:

Carrot and Honey: omit sugar, add ½ cup honey to the wet mix. Increase cinnamon to 2tsps in the dry mix.
Carrot and Sesame: replace the walnuts with ¾ cup toasted sesame seeds and ½ cup sultanas.

CHOCOLATE CHIP MUFFINS

Wet mix: 125g butter ½ cup sugar
2 eggs 1 cup milk
½ cup yoghurt 1tsp vanilla essence
½ cup chopped chocolate or choc chips
Dry mix: 3 cups self raising flour 1tsp baking powder
Thoroughly blend butter, sugar and beat in the eggs, milk, yoghurt and vanilla essence. Mix in chocolate. Gently fold dry mix into the wet mix. Place in greased muffin pans. Bake at 180 degrees for 15 –20 minutes.
Makes 12 – 14.

ALWAYS PRE-HEAT OVENS WHEN BAKING MUFFINS.
When combining ingredients, do not overmix.
The desired look should be lumpy.
Do not flatten the tops. Add nuts, pieces of fruit.
etc. if desired.

* *

POPPY SEED & LEMON MUFFINS

Wet Mix: ½ cup butter ½ cup sugar
2 eggs 2tsps lemon rind
1/3cup lemon juice ½ cup poppy seeds
1cup milk or yoghurt
Dry Mix: 2 cups self raising flour
¼tsp bicarbonate of soda
Blend butter and sugar, beat in eggs, milk, lemon & poppy seeds. Fold dry mix into wet mix, spoon into greased muffin pans and bake at 200 degrees for 20 minutes.
Makes 12.

OATS AND ALMOND BISCUITS

100g margarine
15ml golden syrup
100g oats
30ml jam
100g sugar
100g self raising flour
2ml bicarbonate of soda
100g flaked almonds

Melt margarine, sugar and syrup. Stir in flour, oats and bicarbonate of soda. Beat well. Make into balls and flatten. Bake on greased baking sheet at 180 degrees for 15 minutes. When cool, spread with jam and almonds.

* *

COCOA BROWNIES

½ cup butter
½ tsp vanilla essence
1 cup flour
1 level tsp baking powder
1 cup castor sugar
2 eggs (beaten)
½ cup cocoa
½ cup chopped walnuts

Cream butter and sugar. Add beaten eggs, flour, cocoa, baking powder and vanilla essence. Add ½ cup chopped walnuts. Spread on 23cmx23cm greased baking tin. Bake at 180 degrees for 20 minutes. Cool in pan and cut into squares.

* *

BUTTER SHORTBREAD

100g plain flour
50g castor sugar
50g cornflour
100g butter

Sift flour and cornflour. Add sugar. Rub in butter till crumbly. Turn onto floured board and knead lightly. Roll out to 20cm circle and place on greased baking sheet. Prick all over with a fork and mark into 8-10 portions. Flute edges with fingers and bake at 180 degrees for 30-35 minutes. Leave on tray for 10 minutes before removing to wire rack to cool.

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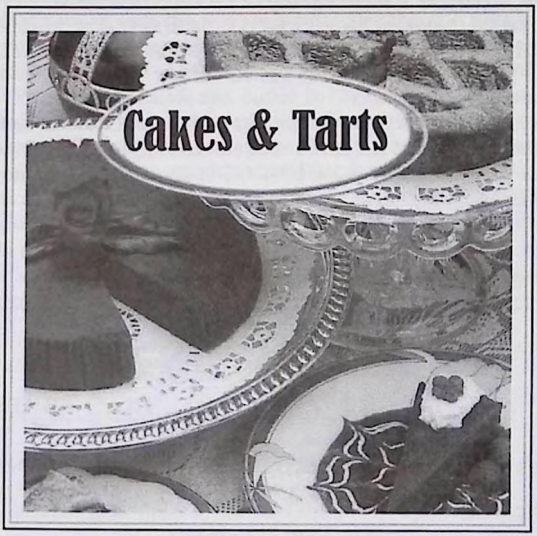
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(REG.NO 1969/00965407)

CORRESPONDENCE TO: P.O.BOX 19
STEENBERG 7947 R.S.A.

20 Bark Street, Steenberg 7945
Tel:+27 21 701-1280
Fax: +27 21 701-2350
E-mail: wilmill@icon.co.za
Website: www.wilmill.com

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SUPER CHOCOLATE CAKE

The best chocolate cake ever!!

675g bitter-sweet chocolate, broken into small pieces
10 whole eggs 575g castor sugar
450g unsalted butter, softened

Pre-heat oven to 160 degrees. Line a round 20x5cm cake tin with greaseproof paper, then grease and flour it. Beat the eggs with a third of the sugar until the volume quadruples-this will take at least 10 minutes in a electric mixer. Heat the remaining sugar in a small pan with 250ml water until the sugar has completely dissolved to a syrup. Place the chocolate and butter in the hot syrup and stir to combine. Remove from heat and allow to cool slightly. Add the warm syrup to the eggs and continue to beat rather more gently, until completely combined-about 20 seconds-no more! Pour into cake tin and place in a bain-marie of hot water. It is essential if the cake is to cook evenly, that the water comes up to the rim of the tin. Bake in the oven for 30 minutes or until set. Test by placing the flat of your hand gently on the surface. Leave to cool in the tin before turning out.

* * * *

DUTCH APPLE CAKE

2 cups flour — 4tsps baking powder
½ tsp salt — 4tbsps butter
1 egg — 2 large apples
½ cup milk (or a little more to make a dropping consistency)

Sift flour, baking powder, and salt. Add butter, mixing well. Beat egg slightly in a measuring cup. Add milk to make ¾ cup-add to mixture. Spread 5cm thick in greased 20cm ovenware dish. Wash, pare and core apples. Cut into eights. Press on top of dough very closely together. Dot with butter. Mix ½ cup sugar and 2tsps cinnamon together. Sprinkle over cake. Bake at 180 degrees for +- ½ hour till apples are done.

* *

SPONGE CAKE

90g flour — pinch of salt
3 eggs — 140g castor sugar

A soft sponge which keeps well. Suitable for filling with cream and fruit. Break eggs into mixing bowl and add sugar gradually. Whisk well until thick and mousse-like for about 5 minutes and the mixture will increase in volume and lighten in colour. When dropped from whisk it will make a "ribbon" on itself. Using a metal spoon, cut and fold the flour into the mixture. Put mixture into a 20cm tin and bake at 190 degrees for 20-25 minutes until risen and brown. Turn out and cool on a rack.

PASTRY FOR TARTS

2 ½ cups sifted flour
250g butter
little lemon juice
2tsps baking powder
1 egg+1egg yolk beaten
¼ cup sugar

Use beaten egg white of the egg, left over from the use of egg yolk, to brush the pastry. This recipe is sufficient for 1 large or 2 smaller tarts. (mix ingredients together to form a nice dough, then chill it until required.)

* *

APPLE TART

Good quality puff pastry
TOPPING:
6 granny smith apples
1tsp lemon juice
1tbsp calvados (optional)
100g unsalted butter
3tbsps castor sugar

Roll out pastry on a floured surface until it is 1mm thick. Place pastry on a floured tray and refrigerate for 10 minutes, then remove from fridge. Cut pastry to fit a round 22-23cm dish covering the sides.

PREPARING THE TOPPING:
Peel, quarter and core apples. Cut into segments of about 5mm thick. Place them in two concentric circles overlapping, on pastry. Melt butter, adding lemon juice, 2tbsps of the sugar and calvados, (if using) then brush all over the apples. Bake at 230 degrees for 20-25 minutes. Remove from oven, brush with remaining butter mixture and sprinkle with the remaining 1tbsp sugar.

CHEF SAYS:
The thickness of the pastry is vital to the success of the dish. If too thick, the bottom of the tart will be totally uncooked and soggy.

CHOCOLATE MARBLE CHEESE CAKE

PASTRY:

120g butter	¼ cup brown sugar
¼ tsp baking powder	¾ cup flour
¼ cup sugar	pinch of salt

Cream butter and sugar till light and fluffy. Gradually add flour, salt, baking powder and mix well. Press evenly over base of 23cm pan with loose bottom. Bake 10 minutes at 200 degrees. Remove and cool in pan.

FILLING:

30g plain chocolate	1tsp grated lemon rind
750g cream cheese	2tbsps lemon juice
1 ¼ cup sugar	1tsp vanilla essence
6 eggs	1 cup whipped cream
6tbsps flour	

Soften cheese in bowl of mixer. Gradually beat in sugar till light and fluffy. Beat in egg yolks till just blended and stir in flour, lemon rind, vanilla essence and juice. Beat egg whites till they form soft peaks. Fold whites and then cream into mixture. Melt chocolate in double boiler. Spoon 1/3 mixture into cooled crust. Dribble chocolate over. Repeat twice ending with chocolate. Cut through to swirl chocolate. Bake at 160 degrees for 1 hour. Leave in turned off oven for 1 hour longer. Chill.

* *

APPLE TART

90g butter, crumble with 1 ¼ cups flour. Add 1 beaten egg, 2 dessert spoons sugar, 1tsp vanilla essence. Mix. Roll out, place in a greased pie dish. Prick the dough, and brush with apricot jam. Add stewed apples (or sliced fresh apple) sugar to taste, cinnamon, lemon juice and raisins. Grate a little pastry to cover or put strips across top of tart in a pattern. Bake at 180 degrees for 30-45 minutes.

PECAN OR WALNUT PIE

PASTRY:

125g hard butter	2 cups flour
pinch of salt	½ tsp vanilla essence
1tsp baking powder	½ cup sugar

1 egg yolk beaten with ¼ cup cream

Grate butter into dry ingredients. Work in the vanilla and enough of the egg and cream mixture to form a workable dough. Roll out and line a greased pie dish.

FILLING:

2 cups pecan or walnuts	½ cup melted butter
1 cup brown sugar	1 cup golden syrup
4 eggs, well beaten	1tbsp flour

Cool the butter and combine with the syrup and sugar. Adding a pinch of salt. Add flour to the beaten eggs and stir it into the butter mixture. Pour the nuts into the pastry shell then add the mixture. Bake at 190 degrees for 45 minutes. Decorate with additional nuts and allow pie to cool.

* *

10 MINUTES ORANGE CAKE

180g butter	3 eggs
1 cup sugar	2 cups flour
2tsps baking powder	½ cup cold water
1/3 cup orange juice	1tbsp orange rind

METHOD:

Beat all above ingredients for 10 minutes in mixer, adding baking powder last. Bake in a greased large loaf tin at 180 degrees for 50 minutes. Switch off oven and leave for another 5 minutes.

MONNKUCHEN (Poppy seed cake)

BASE:

75g butter
1tsp baking powder
¼ cup castor sugar
1 cup flour
2 eggs

FILLING:

200g poppyseeds
50g ground almonds
125g butter
sugar to taste
1 cup milk
2 egg yolks
grated rind of 1 lemon

TOPPING:

4 egg whites
1 ½ cup coconut
1 cup castor sugar

BASE:

Sift flour and baking powder. Grate in butter and mix in egg yolks and sugar. Blend into soft dough. Press into a greased springform tin. (Line with greaseproof paper.)

FILLING:

Boil poppyseeds with 1 cup milk and some sugar to taste until soft. Remove and stir in yolks, butter, almonds and lemon rind. Allow to stand a while to cool. Spread over dough.

TOPPING:

Beat egg whites until stiff and gradually add in the castor sugar beating until stiff. Fold in the coconut. Spread on top of the filling. Bake at 180 degrees for 40-45 minutes

Sharon Barr
Sydney

ALMOND TART

PASTRY:

1 cup flour 60g butter 1tbsp sugar
pinch of salt ½ tsp baking powder
1 egg yolk mixed with a little cold water

Sift flour, baking powder and salt together. Rub in butter. Add sugar and blend to a firm dough with egg yolk and water. Roll to 5mm and line a 20cm greased pie dish.

FILLING:

60g butter 2tbsps castor sugar
30g ground almond 1tsp almond essence
4 marie biscuits 1 egg
jam

Cream butter and sugar, add egg yolk and ground almonds, crushed biscuits and almond essence. Mix well. Fold in stiffly-beaten 2 egg whites, spread jam over pastry then add filling. Make criss cross design with left over pastry and bake at 180 degrees for 30 minutes. When cold brush over top with a little thin water icing.

Rosa Ryan

* *

FRUIT CAKE

Boil Together:

500g cake fruit 1 cup sugar
1 cup boiling water 180g butter
1 ½ tsp bicarbonate of soda

Mix Together:

2 XL eggs 125g cherries
2 cups flour ½ cup brandy
1tsp mixed spice 1 ½tsp baking powder

Add fruit mixture, when cool, to second mixture. Grease and line tin, 12x30cm. bake at 110 degrees for 2 ½ hours. Peel off paper whilst cake is warm.

Rosa Ryan

MINUTE CAKE

Four Variations. Keeps very well

1 ½ cups flour	**¾ cup sugar**
¼ tsp salt	**125g butter**
2 eggs	**2tsp baking powder**
1tsp vanilla essence	

Sift dry ingredients into large bowl. Make a well in the centre, add vanilla essence and eggs. Lastly, add cold melted butter (must be soft not lumpy). Mix well. Bake in greased loaf tin at 200 degrees for 25-30 minutes. This mixture is good for cup cakes.

MARBLE CAKE:
Proceed as above. Remove 1/3 of the batter to which add 1tbsp cocoa which has been mixed with a little milk and sugar. Put white mixture in a greased loaf tin, drop spoonfuls of the dark batter on top and streak it lightly.

APPLE MINUTE CAKE:
Proceed with above recipe, cut a large apple into segments and push into batter all around the edges. Sprinkle thickly with cinnamon and sugar.

ORANGE SPONGE CAKE:
Put cake mixture in flat cake dish. When baked (test) prick with tooth pick and pour over the syrup.

Juice of 1 orange (small)
Few drops of lemon juice
¼ cup sugar
1tbsp icing sugar

Boil for 5 minutes and pour over.

Jessie Trakman

AMERICAN CHOCOLATE CHEESE CAKE

2 cups sugar
1 cup oil
2 eggs
3 cups flour (sifted)
¾ cup cocoa
1tsp bicarbonate of soda
1 cup hot coffee
1 cup sour milk
1tsp vanilla essence
½ cup chopped nuts

Combine sugar, oil, eggs. Beat one minute. Add remaining ingredients and beat three minutes at medium speed. Stir in nuts. Pour ½ batter into greased, floured tube pan. Spoon on filling, add remaining batter. Bake at 180 degrees for 40-45 minutes.

FILLING:

¼ cup sugar
1 egg
1tsp vanilla essence
225g cream cheese

Beat together until smooth. Stir in ½ cup coconut, 180g chocolate chips. Invert pan and when cool, glaze.

GLAZE:

1 cup icing sugar
3tbsps cocoa
2tbsps butter
1tsp vanilla essence
1tbsp black coffee

* *

LEMON MERINGUE TART

20 marie biscuits crushed with 125g melted butter, to line pie dish.

FILLING:

1 tin condensed milk
2 eggs
2tbsps castor sugar
¼ cup lemon juice

Mix condensed milk, lemon juice and egg yolks. Pour this mixture over the crumbed base. Whip egg whites with the sugar until stiff. Spread over the base. Bake at 180 degrees until meringue is golden brown.

Jessie Trakman

SPICED RING CAKE

2 XL eggs
250ml oil
375ml cake flour
3ml mixed spice
3ml nutmeg
5ml bicarbonate of soda
200ml white sugar
200ml apple puree
5ml cinnamon
3ml ground cloves
pinch of salt

Beat eggs well. Add sugar by the spoonful and beat until light. Slowly add oil, beat well, add apple puree. Sift dry ingredients twice, add to the egg mixture and mix well. Bake in ring tin (greased) at 180 degrees for 40-60 minutes.

ICING:
50ml butter
500ml icing sugar
50ml boiling water
chopped nuts for decoration
20ml brown sugar
10ml vanilla essence

Heat butter and sugar until melted. Remove from heat add sifted icing sugar. Add vanilla essence and just enough boiling water to make consistency. Mix well. Pour over cake while still hot. Decorate with nuts.

Jean Kapelus – Port Elizabeth

GINGER CAKE

Mix Together:

a) 2 eggs
1 cup oil
1 cup syrup
½ cup sugar. Then add

Dry Mix:

b) 1tsp cinnamon
1tsp mixed spice
2tsp ginger

Dissolve: in 1 cup black coffee
2tsps bicarbonate of soda
½ tsp baking powder

Add (b) and (c) to (a). Mix. Then add 2 ½ cups sifted flour. Mix well. Bake in two loaf tins (23cm) or a tube tin sprayed with "cook and spray" at 180 degrees for about 50 minutes.

* *

MICROWAVE 6 MINUTE CHOCOLATE CAKE

1 cup flour
3 level tbsps cocoa
2 large eggs (beaten)
4 level tsps baking powder
¼ cup oil
1 cup castor sugar
pinch of salt
1 cup hot water
1tsp vanilla essence

Grease and line 20cm microwave cake pan. Mix together flour, sugar, baking powder and salt. Place cocoa in another mixing bowl, add hot water and vanilla essence. Stir well. Add eggs, mix well. Add oil. Mix wet ingredients into dry, mixing well with a wire whisk. Pour into cake pan and microwave for 6 minutes on high. Remove and cool. Can be decorated with whipped cream layer with flaky chocolate sprinkled over.

Joyce Cohen

DARK CHOCOLATE TRAY CAKE

No.1

125g butter	1 cup water
½ cup oil	½ cup cocoa

Heat to boiling point. Mix well. Allow to cool slightly.

SIFT:

2 cups flour	2 cups sugar
pinch of salt	5ml bicarbonate of soda

No.2

2 XL eggs	½ cup buttermilk (or sour milk)

Whisk together. Pour No.1 over flour mixture and mix in lightly. Add No.2 and fold in lightly. Pour into large greased baking dish and bake at 160 degrees approximately 40 minutes.

ICING:

5tbsps butter	2tbsps sifted cocoa
1 ½ cups icing sugar	1tsp vanilla essence

3tbsps buttermilk (or sour)

Melt butter and remove from heat. Stir in cocoa, add milk, vanilla and icing sugar. Pour over partially cooled cake.
(sour milk: ½ cup milk and 2tbsps vinegar)

Jean Kapelus – Port Elizabeth

* *

YOGHURT CAKE

Into processor break 3 eggs, 2 cups sugar. Spin. Add 1 cup Bulgarian yoghurt, 1 cup oil, 1tsp vanilla essence, 3tsps baking powder. Spin. Add 3 cups sifted flour and mix. Bake in 2 loaf tins (23cm) or tube tin. Sprayed with "cook & spray" at 180 degrees for 60 minutes.

VARIATION:

Boil ½ cup water, ½ cup sugar, 2tbsps honey, 1tsp lemon juice and a few drops almond essence. Prick the baked cake and then pour over the juice.

CHOCOLATE MUD CAKE

250g butter
2 cups sugar
¼ cup cocoa (sifted)
60g self raising flour (sifted)
200g dark chocolate
125g flour (sifted)
2 eggs
Fudge Sauce (recipe below) optional

GANACHE
100g dark chocolate (chopped) 2tbsps cream
Melt butter and chocolate together in microwave. Add sugar and ¼ cup hot water and heat until sugar dissolves, and mixture is well combined. Stir in combined flours and cocoa and beat in eggs. Pour into greased and floured 8-cup bundt tin and bake at 170 degrees for 50 minutes, or until cake crumbs cling to an inserted skewer. Stand in the tin for 5-10 minutes before turning out on a plate to cool.

FOR GANACHE:
Melt chocolate and cream together in microwave until well combined. Cool until a slightly thick pouring consistency. Pour over cool cake, allowing it to run down sides.

Fudge Sauce:
100g chocolate
300ml cream
1tbsp cocoa (sifted)
60g butter
½ cup brown sugar
Combine in a bowl and melt in microwave until well combined and smooth. This cake can be served with whipped cream.
For 8 truly decadent folk.

Sharon Barr, Sydney

CHOCOLATE ROULADE

Makes two

6 egg whites 1 cup castor sugar
Beat well until pale in colour.
Add and mix well together:
6 egg yolks 2tbsps oil
¼ cup orange juice
Sift together and mix in:
1 cup flour 1tsp baking powder

Grease 2 swiss roll tins and line with greaseproof paper and grease paper. Spread mixture evenly. Bake at175 degrees for 10 minutes. Wet 2 tea towels with hot water, wring out well, and roll swiss roll in them. Leave to cool. Unwrap, spread with the filling below or with jam, also good with chopped strawberries and whipped cream and roll up again.

CREAM FILLING:
1 vanilla instant pudding 1 cup milk
1 small carton cream
Mix well in mixmaster.

CHOCOLATE TOPPING:
2tbsps sugar 100g dark chocolate
2tbsps butter 1tsp coffee powder
3tbsps water
Melt and spread over top of filled swiss roll.

Sharon Barr, Sydney

CHOCOLATE CAKE

BOIL TOGETHER ON LOW HEAT:

1 ½ cups sugar	¼ cup dessert wine
¼ cup water	4tbsps cocoa

ADD:

200g butter, let it melt, remove from stove and let it cool. Separate 4 eggs (XL) beat whites stiffly. Beat the yolks with 1 teaspoon vanilla essence. Add the yolk mixture to the cocoa mixture, set aside ½ cup of this mixture (must be cooled). For the topping:

To the rest of the mixture add 1 cup self raising flour slowly, then fold in stiffly beaten egg whites. Place in greased pyrex dish (round 22cm oblong 34x19cm) and bake at 180 degrees for 30-45 minutes. When baked, remove from oven and pour ½ cup topping over, sprinkle with chocolate vermicelli, chopped nuts or cherries.

Jessie Trakman

* *

PLUM TART

¼ cup sugar	125g butter at room temperature
1 cup flour	2 XL eggs (room temperature)
pinch salt	1tsp baking powder

Plums, stoned and cut in quarters + - 1tbsp mixed cinnamon and sugar

Cream butter and sugar. Beat in eggs one at a time. Sift flour and baking powder and add to butter mixture, mix well. Spread mixture in a buttered pie dish (20cm) and arrange plums on top. Sprinkle with cinnamon and sugar. Bake at 180 degrees for 30-45 minutes

APPLE AND PINEAPPLE STRUDEL

DOUGH:
CREAM TOGETHER
125g butter ¼ cup sugar
Add 1 cup sour cream
ADD:
2 cups flour 1 heaped tsp baking powder
1 well beaten egg
FILLING:
1 pineapple (grated) 2 large apples (grated)
2tbsps sugar (to taste) 1tbsp custard powder
Bring to boil and stir until thick – cool. Roll out dough and halve it. Then spread filling on top of one half and cover with other half. And seal well. Brush over top with yolk of egg. Bake at 180 degrees for 25-30 minutes. When out of oven and still hot, dab with mixture of icing sugar and water.

* *

VIENNESE CINNAMON CAKE

120g butter 1 cup sugar
2 eggs 1 cup milk
1tsp vanilla essence pinch of salt
2 cups flour 2tsps baking powder (sifted)
1 ½ cups sultanas/nuts/cherries
4tsps cinnamon/sugar mixture

Cream butter and sugar. Add well beaten egg, milk and essence and beat together. Add dry ingredients. Beat to a light batter. Spread ½ mixture in a greased pie dish (round 22cm oblong 34x19cm). Sprinkle with nut and fruit mixture and cinnamon mixture. Add the rest of batter, sprinkle again with the balance of sultanas etc. and cinnamon mixture. Bake at 180 degrees for 25-30 minutes.

YOGHURT FRUIT TART (large)

Melt 150g margarine. Stir 1 cup sugar and 1 ½ cups flour until it forms a crumbly mixture. Remove 3tsps for topping. (Can add a little flour to topping mixture to make it crumbly.) Beat 1 egg with 250ml bulgarian yoghurt. Add to the rest of the dough. Spread into a greased dish. Drain a tin of canned fruit, spread on top. Sprinkle topping over fruit. Bake at 180 degrees for 35-40 minutes.

VARIATION:
Sliced bananas or 1 cup mixed cake fruit and cinnamon sugar.

* *

MILK TART

This quantity is sufficient for 2 tarts.
PASTRY:
2 cups flour 4tbsps sugar
180g butter
Mix together. Roll out dough. Place into 2 tart dishes which have been greased. Bake at 180 degrees for 15 minutes.
FILLING:
1 tin condensed milk 3 ½ tins milk (measured in tin)
3 heaped tbsps maizena (mixed in 1 tin of milk)
2tsps vanilla essence
1 egg which goes into the maizena mix (from the above quantity.)

Stirring all the time, bring condensed milk, and 2 ½ tins of milk to the boil. Add the maizena mix into the condensed milk and return to stove and stir until thick. Pour into the baked shell, sprinkle with cinnamon and allow to cool.

Rosa Ryan

CHEESE CAKE – UNBAKED

2 cartons cream cheese
1 pineapple jelly
1 large tin blackberries (or cherries)
1 envelope orley whip
1 ½ pkts boudoir biscuits

Make jelly with 1 cup boiling water. Cool. Dip biscuits quickly in milk and lay in large dish (34x19cm) as base. Beat orley whip and 1tsp vanilla essence. Pour over base and place in refrigerator 1-2 hours. Thicken juice of berries with ½ dessertspoon custard. Allow to come off boil. Cover tart with the berries. When cold, pour the juice over. Place in refrigerator.

* *

CHEESE CAKE

PASTRY:
1pkt tennis biscuits crushed mixed with 125g melted butter. Line ovenware dish (34x19cm) with pastry.

Mix well:
150ml cream
3 cartons cream cheese
2 ½ tbsps lemon juice
1tsp vanilla essence
1tbsp flour
3 eggs (XL)
¾ cup sugar

Pour the mixture into the pastry lined dish. Bake at 160 degrees for 10 minutes. 120 degrees for 40 minutes. Leave in oven till cool.

SHAMALI (Sephardic)

Almond and Honey Cake

CAKE:

¾ cup cooking oil (sunflower, grape seed)
½ cup sugar **4 eggs**
1 cup semolina **½ cup flour**
1 cup ground almonds or pecan nuts, or mixed
2 level tsps baking powder

SYRUP:

1 ½ cups sugar **3tbsps honey**
1 ½ cups water **1tsp fresh lemon juice**

Beat eggs and sugar till thick. Add oil and beat again. Mix semolina, flour, baking powder, ground almonds and fold into egg mixture, mixing well. Grease a pie dish, preferably square, and not too shallow. Pour in mixture and bake at 180 degrees for about 40 minutes or until golden. Remove from oven. Cut immediately into squares. Do not remove from dish. Boil syrup till slightly thickened. Keep cake hot in switched off oven. Pour over hot cake. Both cake and syrup must be hot. Decorate each square with a whole almond or a pecan nut.

An alternative to keeping the cake hot in the switched off oven is to prepare the syrup just as the cake goes into the oven to bake. Keep syrup warm and when cake is ready, throw over. This is great to serve as a cake or warmed as a dessert with a spoon of vanilla ice cream.

Gilda Romain

CHOCOLATE AND NUT TORTE
FROM LITHUANIA

100g and 2tbsps ground almonds
3 level tbsps fine bread crumbs or rusk crumbs
100g plain (semi-sweet) chocolate, grated
3 XL eggs
125g castor sugar
1tbsp lemon juice

FOR COATING:
1tbsp strong coffee or 2tsps instant coffee, dissolved in 1 tbsp hot water
1 tbsp Tia Maria
2 rounded tbsp drinking (instant) chocolate
75g softened butter
75g icing sugar

Preheat oven to 180 degrees. Have ready a 20cm loose-bottomed tin, greased and lined with oiled greaseproof paper. Mix the ground almonds and grated chocolate. Whisk egg whites until stiff peaks, then add sugar one tablespoon at a time, whisking until stiff after each addition. Fold in yolks followed by the dry ingredients. Finally stir in lemon juice. Spoon the mixture into the tin and level off. Bake for 45 minutes, until golden brown and firm to the gentle touch-a skewer should come out clean. Leave on cooling tray till cold, then carefully turn out.

TO MAKE ICING:
Put the coffee, liqueur and chocolate in a bowl and mix well. Stir in the butter and icing sugar and beat until smooth. Coat the cake with the icing and decorate with toasted almonds.

MILK TART

PASTRY:

¾ cup flour
1tsp baking powder
1 egg
2tbsps butter
2tbsps sugar

Mix these ingredients into a dough.

FILLING:

3 cups milk
2tbsps flour
3tbsps maizena
3 XL eggs (separated)
1tsp vanilla essence
stick cinnamon

Boil 2 cups of milk with the cinnamon stick. Mix flour and maizena with one cup of milk. Beat in egg yolks. Pour this mixture into the boiling milk and stir until thick. Remove from stove and allow to cool. Whip egg whites stiffly and fold into milk mixture. Pat dough into a 24cm greased pie dish. Pour over the milk mixture. Sprinkle with cinnamon and sugar. Bake at 180 degrees for 30-35 minutes.

Anotonette Schaffers

* *

CHOCOLATE LOG

1pkt chocolate biscuits (ginger snaps can be substituted)
300ml cream
½ -1 cup sherry
grated chocolate to decorate

Whip cream. Place foil on a dish. Dip biscuits in sherry quickly and spread with whipped cream. Repeat, sandwiching, biscuits together to form a log. Spread top and sides of log with remaining cream and decorate. Wrap in foil and refrigerate. Best prepared day before serving.

SPONGE CAKE

1 cup of sifted flour: add 1 level teaspoon baking powder and a pinch salt, sifted again
1 cup sugar
6 eggs, separated
The grated rind of a lemon (or orange)
The juice of a lemon (or orange) or both

Beat the whites of the egg, add about a quarter of the sugar and beat stiff. Beat the yolks of the eggs with the sugar, till it makes a ribbon. Add the rind and juice of the lemon, beat. Add the flour, fold in with a wooden spoon. Fold in 1/3 of the whites, then another 1/3 , then the rest. Fold carefully. DO NOT BEAT. Put into ungreased cake tin with funnel. Bake in oven at 180 degrees for about 50 minutes to 1 hour. Invert over bottle, and let cool COMPLETELY.

IF NECESSARY:
Cut alongside the edges of the tin inside. Then inside around the funnel. Then flat on the bottom of the tin.
Invert.

Fanny Sachar

ALMOND FRUIT CAKE

1 cup flour
125g butter
1tsp baking powder
1 egg
½ cup sugar
1tsp almond essence
1 ½ cups mixed cake fruit-add cherries or any other desired fruit
¼ cup icing sugar, dissolved in lemon juice to be poured over baked tart

Cream butter and sugar with almond essence in food mixer. Add egg and dry ingredients, mix well. Remove from mixer and fold in fruit by hand. Spoon into greased 24cm tart dish. Bake at 150 degrees until light brown + - 30 minutes depending on your oven. When cold, ice top with ¼ cup icing sugar dissolved in lemon juice. I trickle the icing over in streaky design leaving parts of the pastry top free of the icing.

Elizabeth Miller

* *

ORANGE ALMOND CAKE

250g butter
1 cup castor sugar
1 cup sour cream
¼ cup ground almonds
1tsp bicarbonate of soda
1tbsp grated rind
3 eggs (separated)
1 ½ cups flour
1tsp baking powder

Soften butter a little, beat with orange rind, gradually add sugar. When creamy, add egg yolks and sour cream, beat well. Add flour, baking powder, bicarbonate, grounds almonds, gently mix in. beat egg whites until stiff and fold in. bake in 8 ½ baba tin at 170 degrees for approximately 50 minutes. Test with skewer. Turn out carefully onto plate. Put syrup ingredients in a small saucepan and boil gently for 3 minutes. Carefully spoon over top of warm cake. Use all syrup. Dust with icing sugar before serving.

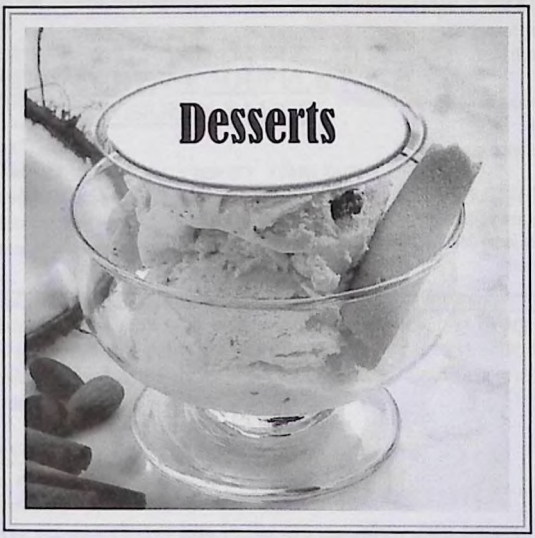
To
Mary and The Toni Saphra Group

Hearty congratulations on their magnificent achievements.

From:
David and Gillian Solomon
& Family



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Desserts



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Pamela
and
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San Francisco,
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CHOCOLATE PUDDING
(in Blender)

Heat 300ml cream and pour over following
200g chocolate – broken into pieces
4 egg yolks 2tbsps brandy > in blender
Makes + - 4 large ramekins

Essie Furman

* *

CREAM CHEESE SOUFFLE WITH STRAWBERRY SAUCE

125ml smetena or greek yoghurt 1tbsp butter
250g cream cheese 2tbsps cake flour
50ml castor sugar 75ml milk
3 jumbo eggs-separated

Preheat oven to 180 degrees. Butter soufflé dish. Blend the remaining ingredients very well, except egg whites. Whip egg whites until stiff and fold into the mixture. Pour into soufflé dish and bake in pre-heated oven for + - 35 minutes. Sprinkle with icing sugar and serve immediately.

STRAWBERRY SAUCE
250ml strawberry 125ml orange juice
15ml brandy
Dissolve the strawberry jam in the orange juice. Just before serving add the brandy.
Serve the strawberry sauce separately.

RASPBERRY SOUFFLE`

500g raspberries ¾ cup sugar
2tbsps icing sugar for dusting 6 egg whites
In heavy bottomed saucepan, combine raspberries with ½ cup sugar, bring to boil and allow to simmer. Stir for 10-15 minutes until thickened like jam. Transfer to mixing bowl and allow to cool. Whisk egg whites to soft peaks, gradually adding remaining sugar. In 3 stages gently fold the whites into the raspberries. Pour into buttered 1 ½ litre soufflé dish that has been fitted with a collar. Bake in pre-heated oven at 200 degrees for 15-20 minutes. Remove collar, dust with powered icing sugar and serve immediately.

MAKE IT AHEAD:

Place the unbaked soufflé in the fridge for up to 4 hours before baking. Bake in a pre-heated oven 180 degrees for 20-24 minutes.

* *

BAKED LEMON PUDDING

¼ cup lemon juice ½ cup sugar
85g soft butter 170g soft brown sugar
4 large eggs, separated 60g sifted flour
finely grated zest and juice of 4 lemons
½ cup milk

Make lemon syrup by boiling first two items and set aside. Preheat oven to 180 degrees. Cream butter with sugar. Add egg yolks, one at a time. (mixture looks curdled) Add flour and milk alternately. Add whites stiffly beaten. Fold in and place in greased soufflé dish. Place in bain-marie filled half way with hot water and bake for + - 55 minutes until top rises and is golden brown. Remove from oven (if firm to the touch) Pour over syrup and serve hot with cream or vanilla ice cream.

Pauline Harries

CRÈME CARAMEL

½ litre milk 2 eggs
2 egg yolks 1 ½ tbsps castor sugar
FOR CARAMEL:
110g sugar ½ cup water
Scald milk. Break eggs into a bowl, add extra yolks, beat well with fork, do not allow to get frothy. Add sugar and milk, mix and set aside until needed. Put sugar and water for caramel into a small pan, dissolve sugar over a gentle heat, then boil rapidly without stirring until rich brown in colour. Stop boiling by dipping bottom of pan into a basin of cold water and, when still, pour ¾ of caramel into dry and warm soufflé dish or cake tin. Pour rest on to an oiled plate or tin. Turn soufflé dish or tin carefully round to coat the caramel evenly over bottom and sides. Strain the custard mixture, pour into dish and cover with foil. Cook in a bain marie in the oven at 190 degrees for 40- 50 minutes until just set. Take out and leave to cool before turning out. Crush the rest of the caramel and put round dish.
FOR VARIATION:
250g strawberries dusted with castor sugar or icing sugar. Stand for 30 minutes. Rub fruit through strainer and sweeten.

* *

HALVA PUDDING

500ml cream (or non dairy) 6 eggs separated
2/3 cup sugar 250g halva
Beat yolks with sugar until light and fluffy. Whip cream until stiff and fold into yolks. Beat whites and fold in. Add flaked halva. Spray mould, add the mixture, set in freezer.

QUEEN'S PUDDING

150g soft, white bread crumbs
grated rind of 1 lemon
15ml vanilla essence
45ml smooth apricot or peach jam
45ml castor sugar
750ml milk
75g butter
4(XL) egg yolks

MERINGUE TOPPING:

4 (xl) egg whites
125ml castor sugar

Preheat oven to 180 degrees. Combine crumbs, castor sugar and lemon rind in a mixing bowl. Heat milk and butter until the butter has melted, mix in vanilla essence and pour into crumb mixture, set aside for 10 minutes so the crumbs can absorb the milk, then beat in the yolks. Lightly butter a 1.5 litre oven-to-table dish and pour in the pudding mixture. Bake uncovered for 45 minutes. Warm the jam, then spread it carefully over the surface of the pudding.

MERINGUE:

Beat egg whites until they are firm enough to hold stiff peaks, then whip in the castor sugar gradually. Spread topping over the pudding, making pretty peaks. Then return the pudding to the oven for 10 minutes or until the meringue is tipped with brown. Serve warm.

Serves 6-8

* *

CHOCOLATE MOUSSE

Mix 1 dessertspoon gelatine in ¼ cup cold water. Then add ¾ cup boiling water, let it stand in cold water to cool. Mix very well. Mix: ½ cup sugar, pinch of salt, ½ cup cocoa. Mix well. Add gelatine mixture to the cocoa and sugar. Beat ½ cup sugar, 3 egg yolks and 1 teaspoon vanilla essence and add to the cocoa mixture. Beat egg whites stiffly and add 1 pkt non dairy cream or cream and add to the mixture.

CHOCOLATE ALMOND SOUFFLE

100g dark chocolate
¼ cup ground almond
4 sponge fingers
2tbsps coffee liqueur
5 egg whites
4 egg yolks
1tbsp sugar
1tbsp flour
2tbsps amoretto

Grate ½ chocolate and divide rest in 4 blocks. Beat egg yolks and sugar. Mix in grated chocolate, almonds and flour. Soak sponge fingers in liqueur and break up and add to chocolate mixture. Fold in stiffly beaten egg whites. Place block of chocolate in each buttered individual ovenproof dish and sprinkle ground almonds. Spoon soufflé mixture into each dish. Sprinkle flaked almonds over. Bake at 190 degrees for 15 minutes. Serve at once.

* *

OLD CAPE BRANDY TART

1 ½ cups boiling water
2 ½ cups flour
2 eggs
2tsps bicarbonate of soda
½ cup chopped nuts
2 cups chopped dates
2tsps baking powder
2 cups sugar
½ tsp salt
4tbsps margarine

Cream margarine, sugar and eggs. Pour bicarbonate of soda and boiling water on dates. Sift flour, salt and baking powder. Mix in nuts and add to date mixture. Pour into greased dish. Can decorate with halved pecan nuts. Bake at 180 degrees for 30 minutes.

SYRUP:

2 ½ cups sugar
2tbsps margarine
1 ½ cups water
½ cup brandy

Boil together for 5 minutes. Cut slits in the cooled tart all round, not right through and pour the above syrup over. Allow to stand 2-3 days before using.

CHOCOLATE ÉCLAIR PUDDING

1pkt tennis biscuits 2 vanilla instant puddings
3 cups whole milk 225ml cream or substitute

Line a large pyrex dish (34x19cm) greased, with biscuits (sides and bottom). Mix pudding with milk, let stand 5 minutes. Stir in whipped cream (sweetened if desired). Pour over half mixture, then a layer biscuits, the other half of the mixture, then finish with a layer of biscuits.

Add topping:
3tbsps milk 1tsp vanilla 1 ½ cups icing sugar
180g choc chips (melted with the milk). Blend all ingredients and spoon over biscuits. Decorate when hard. Freezes well.

* *

CREAM TIRAMISU

5ml vanilla 60g sugar 4 egg yolks
500g smooth cream cheese or ricotta
1x250g sponge fingers 30ml cocoa
100ml amaretto 200ml cold coffee

Line a 1.2 litre straightsided dish with foil. Beat cream cheese, vanilla, egg yolks and sugar till creamy. Cut sponge fingers to fit bowl in 2 layers. Place 1 layer in dish. Mix liqueur and coffee and pour ½ over the sponge fingers. Spoon ½ cheese mixture over it. Cover with second layer of sponge fingers and spoon remaining coffee/liqueur over top and sprinkle cocoa powder. Refrigerate overnight.

CHOCOLATE ROULADE

5 eggs separated 150g castor sugar
225g plain chocolate 85ml water
Line pan with paper. Whisk egg yolks with sugar over simmering water till high and fluffy. Add melted, cooled chocolate to egg mixture. Fold in whisked egg whites. Spray swiss roll tin with cook and spray. Spoon mixture into pan, bake at 200 degrees for 15 minutes. Wet a tea towel with hot water. Wring out well and roll swiss roll in it. Leave to cool, unwrap. Spread with a desired filling and roll up again.
Example : a]
Vanilla instant pudding, 1 cup milk, small carton cream
Mix well
Example: b]
Whipped cream, strawberries

****

MELON CUBES WITH HOT REDCURRANT SAUCE

Finely grated rind and juice of 1 orange
2tbsps redcurrant jelly 1 ripe melon
thick Greek yoghurt
Put the orange rind and juice in a pan with the redcurrant jelly and a splash of water. Heat gently, stirring occasionally, until the jelly has melted to a smooth sauce. Cut the peeled melon into quarters, then cut the flesh into 2.5cm cubes and put in a bowl. Pour the hot redcurrant sauce over the melon, stir well. Serve with spoonfuls of Greek yoghurt.
Serves 4

CREAMED RICE PUDDING

60g short grain rice — 300ml milk
60g castor sugar — ¼ vanilla pod

TO BIND THE RICE:

2 egg yolks — 10g castor sugar
85ml milk — 1/8 vanilla pod

FOR CARAMEL:

2tbsps water — 50g castor sugar

Blanch the rice in boiling water for 2 minutes, then drain. Bring the milk to the boil with vanilla pod and sugar. Add the blanched rice and simmer for 30 minutes, then drain. Reserve. In large bowl, whisk egg yolks and castor sugar together and reserve. Bring milk and vanilla pod to the boil. Allow to cool for 2 minutes, and then pour on to the egg yolks and sugar and whisk together well. Pass through a sieve and allow to cool.

Make the caramel by placing water and sugar in saucepan and cook until dark colour. Pour rice mixture into ovenware dish and top with caramel. Place in a bain-marie containing warm water and cook in pre-heated oven at 180 degrees for 25 minutes. Allow to cool.

* *

NOUGATINI

4 egg whites — 1/3 pkt dates chopped
100g chopped walnuts — 250g icing sugar
¾ pkt chopped finger biscuits

Beat egg whites well. Add icing sugar and beat together very well and stiff. Add chopped finger biscuits and walnuts with a metal spoon. Spread on shiny side of tin foil which has been sprayed with spray & cook, using a swiss roll tin. Bake at 170 degrees for 45 minutes. Fill with cream and decorate.

Lorraine Sheckter

CREPE SUZETTE

Crepes:

2 eggs 1tbsp oil
2 cups milk 1 cup flour
pinch of salt

Beat eggs well with oil and milk. Add flour and salt, beat to the consistency of cream. Grease small frying pan well and heat. Pour a little batter into a small pan, just enough to cover the bottom. Cook a few minutes till set, turn and cook again.

SAUCE:

½ cup sugar 1 orange rind and juice
juice of ½ lemon 2tbsps brandy (cointreau)

Burn sugar in pan to light caramel, add grated rind, lemon juice, orange juice and brandy. Boil for a few minutes. Fold pancakes into triangular shape. Put into pan with above sauce. Simmer 3 minutes. Flambé and serve immediately. Serves 6

Flambé : warm alcohol (eg: brandy and liqueur) and set alight.

VARIATIONS:

1. chop strawberries, cover with castor sugar, add liqueur
2. finely sliced apples sautéed in 2tbsps butter, cinnamon, brown sugar. Spread on crepe, sprinkle with castor sugar.
3. melt 2tbsps smooth apricot jam. Add a small tin of pineapple cuts and enough juice to make thick cream mixture. Add squeeze of lemon juice and heat until bubbling. Mixture can be flavored with kirsh liqueur.
4. cream cheese, sugar, vanilla essence and cake fruit.

MALVA PUDDING

125g castor sugar — 1 XL egg
90g flour — pinch of salt
1tbsp butter — ½ tsp white vinegar
4tbsps milk — strips of orange peel to decorate
1 ½ tsps smooth apricot jam
½ tsp bicarbonate of soda

SAUCE:
125ml cream — 4tbsps butter
4tbsps orange juice or sherry — 4tbsps white sugar

Pre-heat oven to 180 degrees. Grease a 1.25 litre ovenproof dish. Beat castor sugar and egg until pale and fluffy. Stir in the jam. Sift the flour, bicarbonate of soda and salt. Put the butter, vinegar and milk into a pan. Heat gently until the butter melts. Fold the flour and milk mixtures alternately into the egg mixture until well combined. Pour the mixture into dish. Bake for 30 minutes or until a knife inserted in the centre of the pudding comes out clean.

FOR THE SAUCE:
Put the cream, butter, white sugar and orange juice or sherry into a pan. Cook over a medium heat, stirring until the butter melts and sugar dissolves. Do not allow the mixture to boil. Remove the pudding from the oven. Pierce with a skewer. Pour over the hot sauce. Decorate with orange peel.

Serves 4

PAVLOVA

2tsps corn flour 4 egg whites
¼ tsp cream of tarter 1 cup castor sugar
½ tsp vanilla essence
Whip whites until stiff with cream of tarter. Mix sugar and corn flour, add a teaspoon at a time. Whisk in vanilla essence. Make 2x25cm circles of baking paper (or larger) and spread mixture over. Bake at 120 degrees for 1 hour.
FILLING: Lemon Cream
½ cup sugar 4 egg yolks 3tsps lemon juice

grated rind of ½ lemon
1 cup cream (or non- dairy)
Whisk very well. Fold in at the end.

Put yolks and sugar in a small pot and beat with wooden spoon until creamy. Stir in juice and rind. Cook over gentle heat, stirring all the time until mixture thickens to consistency of lemon curd. Do not boil, take off heat and keep on stirring for another few minutes. Mixture will continue to thicken. Fold into lemon mixture. Spoon lemon cream onto one half of pavlova and close with other half. Freeze.

Serves 8-10

Jessie Trakman

STRAWBERRY BAVARIAN PUDDING

1pkt strawberry jelly
1 cup fresh strawberry puree
2pkts sponge biscuits
fresh strawberries for trimming
1 cup cold thick custard
1 cup cream

Make jelly. Chill till consistency of unbeaten egg whites. Puree strawberries and sweeten to taste. Whip cream till thick, fold in the puree and cold custard. Mix till well blended. Add jelly, and blend well with other ingredients. Chill till on point of setting. Line bottom and sides of a 200mm springform tin with biscuits, add the cream mixture. Chill till firm and ready to serve. Remove from tin and decorate.

Serves 8

* *

SEMI-FREDO

1 vanilla pod
500ml cream
55g sugar
4 large eggs, separated

Remove the seeds from the vanilla pod by scoring down the length and scraping out the seeds. Don't throw away the empty pod-just pop it in with some sugar so it infuses to give you vanilla sugar! Whisk the vanilla seeds and sugar with the egg yolks in a large bowl until pale. In a second bowl, whisk the cream into soft peaks, but don't overwhip. In a third bowl, whisk the egg whites with a pinch of salt until they form very firm peaks. Add your favourite seasoning, the cream and egg whites to the egg yolk mixture and gently fold in. Immediately scoop contents into your favourite container. Cover with gladwrap and freeze until needed.

Serves 8

STRAWBERRY MERINGUE ROLL

15ml ground roasted hazel nuts (or pecan)
4 egg whites 15ml castor sugar
145g castor sugar

FILLING:
250ml cream 30ml castor sugar
250g fresh strawberries, sliced

Preheat oven to 160 degrees. Line a 25cmx30cm swiss roll tin with non stick baking paper. Whisk egg whites to soft peak stage, gradually adding castor sugar and continue whisking until meringue is thick and glossy. Spread onto lined swiss roll tin and sprinkle over hazelnuts and castor sugar. Once cooked, turn out onto a sheet of baking paper, remove the original paper and allow to cool. Whip cream and castor sugar together until thick and spread over meringue. Top with sliced strawberries and gently roll the meringue lengthwise to create a longer, thinner roll. Slice and serve with strawberry coulis. (Fresh strawberries pureed with castor sugar)

* *

PINEAPPLE DELIGHT

Slice pineapple very thinly. Place in dish. Cover with castor sugar sprinkled over slices and pour over cointreau or any other liqueur preferred. Must be prepared the day before.

FRUIT TRIFLE

1 jam filled swiss roll	1pkt jelly
1 large tin canned fruit	500ml cream
4tbsps sweet sherry	1tbsp icing sugar
1 litre custard	cherries and nuts

Drain fruit, reserving the juice. Arrange fruit on base of deep glass bowl. Arrange cake slices round side of dish. Any surplus, place over fruit. Pour sherry, mixed with half of the reserved juice over. Make the jelly using juice and water. When cool, pour over the fruit and set in the fridge. When set, pour the custard over and place in the fridge, allowing the custard to set. Cover with stiffly whipped cream, sweetened with icing sugar. Decorate.

* *

GRAND MARNIER SOUFFLE

45g unsalted butter 3 egg yolks 2tbsps flour
1 cup crème fraiche 1/3 cup sugar 1/8tsp salt
zest of 1 orange, finely chopped
6 egg whites, whisked to soft peaks
1/3 cup grand marnier
In a large saucepan melt the butter. Whisk in flour and cook 3 minutes. Add crème fraiche, sugar, orange zest and salt whisking until smooth. In a large mixing bowl whisk yolks and grand marnier stirring constantly. Allow to cool. Carefully fold the whisked egg whites into the base, 1/3 at a time. Spoon the soufflé mixture into a buttered collared soufflé mould. Bake in a preheated 190 degrees oven for 20-25 minutes. For ramekins 12-15 minutes. To make it light-replace crème fraiche with milk.

BLACK FOREST MERINGUE TORTE

1 large slab of dark chocolate
grated chocolate (extra)
¼ cup slivered almonds
1tbsp cherry liqueur (optional)
2 cups cream, whipped
5 egg whites
¼ cup glace cherries
1 ½ cups sugar

MERINGUE:

Beat egg whites stiffly, gradually add the sugar-beat until stiff and glossy. Spread on the backs of 3 greased and floured layer cake pans, and bake at 130 degrees for 10 minutes, then 100 degrees for 2 hours. Remove from the pans and cool on a rack. Grate or chop the large slab of chocolate, then melt it over a low heat or hot water. Cool slightly, spread it on two of the meringue layers. On one chocolate layer sprinkle the almonds, and on the other the cut up cherries. Flavour the whipped cream with either the liqueur or a drop of vanilla essence. Place one chocolate layer meringue on a nice plate, spread with cream, place on it the other chocolate covered layer, spread on more cream and top with the plain meringue layer. Spread this with the rest of the cream and decorate with a thick layer of the extra grated chocolate. Chill until required.

CASSATA NAPOLITANA

1x23cm or 25cm sponge cake
750g ricotta cheese
¼ tsp almond extract
¼ cup chopped toasted almonds
2/3 cup finely diced mixed candied fruit
¼ cup rum
½ cup cream
1/3 cup sugar
1tsp vanilla
candied cherries

Slice cake into 2 layers. Chill. Combine ricotta, sugar, cream and flavourings, and mix well. Rub through a sieve or whip until smooth. Add chocolate, almonds and fruit. Chill. Place 1 cake layer on a serving plate, spread on filling and top with other layer. Sprinkle with rum and chill till shortly before serving time. Then frost top, reserving some frosting to tint pink and swirl decoratively on top of cake. Decorate with cherries.

FROSTING:
1 egg white
2 cups icing sugar
1tbsp fresh lemon juice
1tsp almond extract
Mix all ingredients till smooth, if necessary adding a little water half a teaspoon at a time to achieve right spreading consistency.

* *

BANANA DATE CREAM

Slice bananas lengthwise and then cut into 5cm lengths, enough to fill shallow pie dish. Place layer of banana, then layer of chopped dates, sultanas and chopped nuts if desired. Fill dish with cream and place in refrigerator for several hours. Bananas do not blacken and cream thickens. Decorate with finely grated lemon or orange peel.

MERINGUE ROULADE

6 egg whites, at room temperature pinch of salt
360g castor sugar 1tsp corn flour

Heat oven to 180 degrees. Grease a swiss roll size baking tray with butter and line it with baking parchment so that the paper stands proud at the edges of the tray by 2cm. make a stiff meringue with the egg whites, salt and sugar. Fold in the corn flour. Spread the meringue on the lined tray and bake for 20 minutes when the surface of the meringue should be crisp. If it isn't, put back into the oven until it is. Cool completely before rolling and filling.

TO TURN IT OUT:

Spread another piece of baking parchment larger than the tray on your work surface. Simply flip the tray over and tip the meringue out on to the other piece of baking parchment, carefully peel off the top piece of parchment.

FILLING:

250ml double whipping cream. 6tbsps lemon curd or raspberries/blueberries or granadilla pulp etc. Whip the cream until it holds its shape. Spread first the cream and then the lemon curd evenly over the meringue. (or you can add the berries or fruit pulp etc.) Roll it up like a swiss roll, starting at the long end and using the paper to help. Refrigerate or freeze (if you want to use it as an ice-cream) until ready to serve. Finish with a dusting of icing sugar. The icing sugar also conceals all the cracks, so don't worry if these appear when you roll the meringue. It looks very professional, cracks-and-all, and recipe seems far more complicated than it really is. It is infallible, quick and simple and you will make it again and again! It freezes very well, as do the leftovers. Freeze in the parchment with a further covering of tin foil and be careful to remove all the paper while it is in a frozen state. Dust with more icing sugar before serving.

Serves 8

Gail Schrire

CRÈME BRULEE

2 dessertspoons castor sugar
1tsp vanilla essence
½ cup brown sugar for coating
500ml cream
5 egg yolks

Heat cream in double boiler and stir in sugar. Beat egg yolks until light. Slowly add the hot cream, stirring vigorously. Stir in vanilla essence and strain mixture into baking dish. (22cm round ovenware) or ramekins. Place the dish in a pan containing 5cm of hot water and bake until knife inserted in centre comes out clean, for 30-45 minutes. Do not overbake as the custard will continue to cook when it is removed from oven. Chill thoroughly. Sprinkle the surface with brown sugar made finer in processor. Set the dish in a bed of cracked ice and put under a pre-heated grill for 1 minute until sugar is brown and melted. Watch carefully that sugar does not burn. Chill again.

CHOCOLATE SAUCE PUDDING

1 cup self-raising flour
½ cup sugar
2tsps vanilla essence
1 egg
3tbsps cocoa
½ cup milk
50g butter, melted

TOPPING:
1tbsp cocoa
2 cups boiling water
1 cup soft brown sugar

In a 2 litre baking dish, mix flour, cocoa and sugar. Combine milk, vanilla essence, melted butter and egg. Mix this into dry ingredients. Scrape down the sides of the dish and wipe clean. Mix together topping, cocoa and brown sugar and sprinkle evenly over the pudding. Slowly pour over the boiling water carefully, and bake at 160 degrees for 50 minutes.
SERVE WARM. To add a touch of drama to the presentation, serve the pudding on a dark plate and sift icing sugar generously over everything-pudding, plate, the works. The top is like a cake, as it cooks, a delicious chocolate sauce forms underneath. Divine!!

Serves 6

BREAD AND BUTTER PUDDING

Serves 6

A homely English farmhouse dish that is best made with bread past its prime. Some prefer to decrust the bread, I like to leave it on for added texture.

8 slices white bread	butter
smooth apricot jam	bleached sultanas
500ml milk	1 stick cinnamon
grated rind of 1 small lemon	3 eggs
10ml vanilla essence	60ml sugar
30ml brandy or sherry (optional)	

Butter a large ovenware 34x19cm dish. Spread bread liberally with butter and jam. Cut bread into triangles and lay in buttered dish, each slice overlapping the other. Scatter sultanas between slices. Scald milk, with cinnamon and lemon rind then set aside for about 15 minutes, for the flavours to infuse. Discard cinnamon then beat in sugar, vanilla, egg yolks and brandy or sherry (optional). Pour this mixture carefully into dish and set aside for an hour to allow the liquid to soak into the bread. Bake at 160 degrees, uncovered in a bain-marie for 45 minutes. Sprinkle a little sugar and nutmeg or cinnamon on the surface about 10 minutes before the end of the cooking time, and increase the oven temperature to glaze the pudding. Can add toasted almonds and candied orange-rind.

FLOATING ISLANDS

(This must be the most celebrated dessert of France)
The dessert can be prepared well in advance (1day) and the caramel 1 or 2 hours beforehand.

Beat 6 eggs whites with 250g castor sugar until firm. Bring to boil 1 litre milk with 2 vanilla pods. Scoop out 12 large chunks of meringue and poach in the milk, for 2 minutes. Remove and drain, cool and refrigerate. Strain and reserve the milk, about 800ml

FOR THE CUSTARD:
Whisk 10 egg yolks and 75g castor sugar until pale yellow. Stirring constantly, pour over the hot milk from the poaching. Pour back into the saucepan and place over medium heat, stirring constantly with a wooden spoon until custard thickens and coats the back of the spoon. Strain immediately into a large serving bowl and leave to cool. Add the meringues and refrigerate for at least 4 hours.

FOR THE CARAMEL:
Pour 50ml water into a straight sided saucepan, add 75g castor sugar in a mould in the centre of the pan over medium heat, cook to a rich caramel, then cool for a few minutes by dipping the bottom of the pan in hot water. Pour a coating of caramel on to the poached meringues and refrigerate.

VARIATIONS:

(a) sprinkle toasted flaked almonds over the meringues before adding the caramel.
(b) instead of caramel, raspberry coulis or melted chocolate.

STRAWBERRY TRIFFLE

Serves 8
Keeps 2 days under refrigeration.

125g sponge fingers (boudoir biscuits) or equivalent in slightly dry sponge cake.
strawberry or raspberry jam
125ml wine (port-type or sweet sherry)
275ml cream 2 level tsps castor sugar
675g whole dessert strawberries
candied angelica toasted almonds

FOR THE CUSTARD:
4 egg yolks 50g castor sugar
1 level tsp corn flour 425ml milk
few drops of vanilla essence
spread the sponge fingers with the jam and cover the bottom of a fairly deep glass bowl. Drizzle over the wine or sherry. To make the custard, whisk the egg yolks, sugar and corn flour until creamy (easiest in food processor) Heat the milk until it steams, then gradually pour on to the egg mixture, whisking constantly or processing. Put in the top of a double saucepan or in a bowl over a pan of simmering water and cook gently, stirring all the time, until the custard thickens and coats the back of the wooden spoon. Stand at once in a bowl of cold water to stop further cooking. Stir in the vanilla essence. Pour the hot custard over the sponge cake and allow to set. Whisk the cream with castor sugar until it holds soft peaks then spread all over the custard. Stud the entire surface with the strawberries and decorate with small strips of angelica and almond. Serve very cold.

VARIATION:
Canned fruit can be used.

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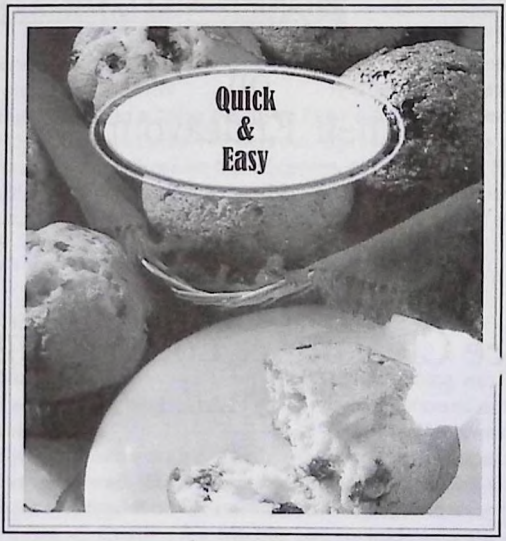
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PEACH DELIGHT

1pkt boudoir biscuits, broken 250ml fresh cream
1 large tin sliced peaches 500ml ultramel custard
Layer broken biscuits in 2 litre bowl. Top with peaches and juice. Whip cream and layer on top. Pour custard on top.
Serves 6
* *

MARSHMALLOW SURPRISE

1pkt ginger nuts, crushed 125g butter melted
1x250g pkt marshmallows 1(410g) tin pie apples
Place ginger nuts into a 25cm pie dish. Pour over melted butter. Set in fridge. Pre-heat oven 180 degrees. Spread pie apples over base. Place marshmallows on top of apples, covering well. Place in oven until marshmallows brown and crisp. Serve hot with cream or ice cream.
Serves 8
* *

GRENADILLA YOGHURT TART

1pkt grenadilla jelly 250ml boiling water
500ml grenadilla yoghurt 1 tin condensed milk
1pkt tennis biscuits 250ml fresh cream
Dissolve jelly in boiling water. Cool. Add condensed milk and yoghurt and mix well. Place tennis biscuits in greased dish and pour mixture on top. Beat cream until stiff and spread over the yoghurt mixture. Crush a few biscuits and sprinkle over the cream. Refrigerate.
Any fruit combination can be used.

HOT FRUIT PUDDING

2x410g tin pie apples
¾ cup oil
1 cup flour
¾ cup sugar
1tsp baking powder
1tsp vanilla essence
2 eggs

Place fruit in ungreased oblong dish. Mix all ingredients and pour over. Bake at 160 degrees for one hour.
Variations: canned peaches, apricot etc. Add bananas and sultanas if desired.

* *

CHOCOLATE PUDDING

6 cadbury flakes
1 tin chilled ideal milk
16-18 marshmallows, cut up

Melt five of the flakes with marshmallows and ¼ tin of milk. Beat up the remainder of the milk and fold into cooled chocolate mixture. Decorate with extra flake and refrigerate.

* *

BAR-ONE ICE CREAM

5 large bar-one chocolates
1 small tin condensed milk
4 eggs (separated)
2 ½ cups cream

Chill one bar-one. Melt the remaining four with ½ cup cream. Beat the egg yolks then fold them into the melted chocolate. Gradually add the condensed milk. Stiffly beat the egg whites and fold them into the chocolate mixture using a whisk. Whip the cream until soft peak form and fold through mixture. Grate chilled bar-one and fold through the ice cream mixture. Freeze.

PITTA
(bread of the middle east)

1pkt dry yeast 3 cups flour
1 cup lukewarm water 1tsp salt
Sift flour, salt and yeast, add water. Knead dough. Divide into 20 balls. Roll out about 1.25cm thick 13cm wide. Cover. Allow to rise 30 minutes. Flatten with rolling pin. Bake at 180 degrees for 12 minutes until puffed up and light brown.

********** **********

TUNA QUICHE

PASTRY: 1 cup flour 1 cup grated cheese
125g melted butter
FILLING: 1 small tin ideal milk salt & pepper
2 slightly beaten eggs 1 chopped onion
¼ cup chopped parsley 1 tin shredded tuna
Pat pastry into pie dish. Add filling. Bake at 180 degrees for 20-30 minutes.

********** ********** *

TUNA NOODLE DISH

2 cans cream of mushroom soup 1 medium size tin tuna
1pkt elbow or small shell noodles
1 can corn kernels (sweetcorn)

Cook noodles. Drain and flake tuna. Put everything into an ovenware dish. Add pepper and paprika. Cover with shredded mozzarella cheese. Bake at 180 degrees till cheese melts – about ½ hour.

LAZY DESSERT

1pkt fruit jelly 1 ½ cups hot water
1 litre vanilla ice cream 200g fruit (fresh or drained)
Dissolve jelly in hot water and allow to cool. (consistency of white of egg) mix jelly with ice cream using an electrical beater. Fold in fruit. Set in fridge.

* *

CHOCOLATE PUDDING

150g milk chocolate ¼ cup water
3tbsps sugar 1 tin ideal milk (boiled)
1 dessertspoon gelatine
Boil evaporated milk 20 minutes. Cool. Melt chocolate and ¼ cup water in double boiler. Beat milk 4 times its mass. Dissolve gelatine in ½ cup water. Heat. Add to chocolate and when cool, add the chocolate mixture to milk and whisk. Pour into glass bowl.

* *

APPLE CRISP

1 cup flour 1 cup sugar
1tsp baking powder
Mix together and break in 1 egg and mix until crumbly. Cut up 5 apples or a small tin of apples, and sprinkle mixture over apples. Place in ovenproof pie dish and pour ½ cup margarine melted over, covering completely. Bake at 160 degrees for ½ hour. (use plums, nectarines or peaches)

EASY PEPPERMINT CRISP PUDDING

275ml cream 575ml milk
5 peppermint crisps
1pkt vanilla or chocolate instant pudding
Crush peppermint crisps in processor. Beat cream until thick, make instant pudding as directed. Fold in cream and crisps. Leave some chocolate for decorating. Pour into glass bowl. Decorate. Chill and serve.

* *

EASY YOGHURT DESSERT

1x 500ml fruit yoghurt 1pkt jelly
1 tin chilled ideal milk 1tsp vanilla essence
sugar to taste
Dissolve jelly in 1 cup of boiling water, leave to cool. Beat chilled ideal milk until stiff and frothy. Add jelly, vanilla essence and sugar to the ideal milk. Fold in yoghurt. Pour into dish and leave to set.
Serves 12

* *

FRENCH LOAF WITH MOZZARELLA

Mozzarella cheese (not sliced) french loaf
+ - 60g butter 1tsp mixed herbs
anchovies(optional)
Cut french loaf into pieces, but not right through. Put a slice of cheese into each slit. Pour melted butter, mixed with herbs over bread. Criss cross anchovies across the top of the loaf. Bake at 180 degrees for + - 15 minutes

QUICK MADEIRA CAKE

125g butter
¾ cup sugar
2 eggs
½ cup milk
1 ½ cups flour
2tsps baking powder
1tsp vanilla or lemon essence

Place all ingredients into a bowl and beat. Bake in a greased loaf tin at 180 degrees for 1 hour.

VARIATIONS:
Add cake mix, or glace' cherries

* *

CROSTINI

Cut French loaf into slices. Toast on both sides. When toasted sprinkle with mixture of olive oil, garlic, salt and ground pepper. Place on baking sheet and return to oven for + - 5 minutes.

TOPPINGS:
1. Slice of tomato and anchovy fillet or
2. Chopped olives, chopped tomatoes, chopped basil
salt and pepper
Serve immediately.

* *

EASY FRUIT CAKE

250g butter
4 eggs
2 ¾ cups flour
¼ cup milk
2 cups mixed cake mix
1 cup castor sugar
2tbsps ground almonds
1 ½ tsp baking powder
grated rind of an orange
¼ cup cherries

Cream butter and sugar and add eggs. Stir in almonds and flour, sifted with baking powder, alternating with milk. Lastly fold in orange rind, unwashed fruit-cake mix and cherries. Bake in loaf tin, which has been greased, at 160 degrees for 1 ½ hours. This cake keep very well.

LEMON LOAF

120g soft butter
2 eggs
2tsps baking powder
1tbsp lemon juice
¾ cup sugar
1 ½ cups flour
1 small tin evaporated milk
1tsp grated lemon rind

Beat butter, sugar and eggs till thick and creamy. Add remaining ingredients, beat for 3minutes until creamy. Pour into a greased loaf tin. Bake at 180 degrees for 1 hour. When cool can be iced with a glace lemon icing. (Icing sugar mixed with lemon juice.)

* *

BAKED BRIE

1 whole brie cheese, well ripened
1 cup slivered almonds or tinned cranberries

Place brie in oven proof serving dish. Sprinkle almonds or chopped cranberries over the top and bake at 160 degrees for 20 minutes until cheese is soft. Serve with crackers or toasted sliced french loaf.

* *

INSTANT ICE-CREAM

Simply put everything into the food processor in the right order and hey presto! Use frozen fruit.
Blend 250g frozen raspberries (or other soft frozen berries) in food processor with 2tbsps castor sugar and a squeeze of lemon juice until slushy. Now add 250g cream cheese and blend in well till it looks like ice cream. Ready to serve.

ANCHOVY LOAF

1 french loaf
1 tin anchovies

Mash anchovies with the oil in the tin with soft butter. Slice bread not through the bottom crust. Spread with anchovy butter on both sides of the slices. Wrap in foil. Bake at 200 degrees for 15 minutes.

* *

SAVOURY FRENCH BREAD

1 french loaf, lengthwise
1 pickled cucumber chopped
1 chopped onion
sliced olives
1 tin salmon
tabasco
1 chopped tomato
mayonnaise

Remove soft centre of loaf. Mix rest of ingredients and fill loaf. Replace lid, wrap in foil and bake at 180 degrees for + - 20 minutes. Serve hot.

VARIATION:
1 tin asparagus cuts drained
mayonnaise
¾ cup grated cheddar cheese
garlic butter, paprika

* *

ASPARAGUS AND SMOKED SALMON TART

1 tin asparagus, drained
250g cheddar cheese
1 cup cream
90g smoked salmon
3 eggs
1 roll ruff pastry

Roll out pastry, place in greased tart dish. Sprinkle grated cheese over it and cut up asparagus and smoked salmon. Beat eggs, add cream and pour over tart. Bake at 200 degrees for 40 minutes.

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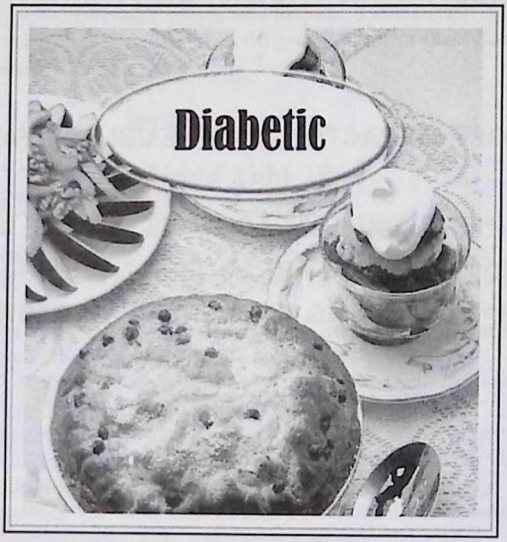
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MUFFINS

2 cups flour
½ tsp salt
4tbsps margarine, melted
3tsps baking powder
2 eggs
1 cup milk
sweetener equivalent to 1 tbsp sugar

Sift together flour, baking powder, sweetener and salt.
Add eggs, milk and cooled margarine to make a stiff batter. Mix together but do not overmix. Half fill greased muffin tins. Bake at 200 degrees for 18-20 minutes.

Dorit Segal

* *

CREAM PUFFS

1) Put 1 cup boiling water and ½ cup margarine in pot. Boil up well and add 1 cup sifted flour with 1/8 tsps salt and stir vigorously.
2) Remove from stove, mix in 3 eggs, one at a time, beating well after each egg.
3) Add 2tsps baking powder and beat well. Drop spoonfuls of mixture 4cms apart on greased tin.
4) Shape with wet spoon into circular form. Place in oven at 220 degrees for 10 minutes reduce to 200 degrees for 25 minutes, or until puffed, light brown and thoroughly cooked. Cut near base of each puff and fill with sweetened whipped orley whip and strawberries.

Dorit Segal

CARROT CAKE

150g dates, stoned and finely chopped
175g margarine, softened
225g wholemeal self raising flour
25g ground almonds
2.5ml ground ginger
2.5ml mixed spice
100ml water
2 eggs, beaten
175g carrots, finely grated
finely grated rind of 1 large orange
2.5ml cinnamon
15-30ml chopped hazelnuts (optional)

FOR THE ICING AND FILLING:
2 tubs cream cheese (or skim)
finely grated rind of 1 orange
25g margarine, softened
cinnamon for sprinkling

Simmer the dates in water until soft. Stone and chop finely. Blend the dates, the liquid in which they were cooked, the margarine and eggs together until creamy. Gently, fold in the remaining ingredients very thoroughly, in the order given. Spoon the mixture into a greased and lined 18cm cake tin and level the top. Bake at 180 degrees for + - 1hour, testing with a skewer to make sure that the centre is cooked. When removed from oven cool in tin for 5 minutes before turning out. Remove the paper. Beat all the ingredients for icing together and, if too stiff, add a little orange juice to make a spreading consistency. Carefully slice the cake in half horizontally and spread the filling to a depth of 1cm. Sandwich the cake and cover with the remainder of the icing. Sprinkle with ground cinnamon.

RAISIN AND OATMEAL BREAD

115g medium oatmeal
300ml lowfat plain yoghurt
2-3tsps mixed spice (optional)
340g wholemeal self-raising flour
1tsp salt
2-4tbsps water
100g chopped raisins
sugar-free sweetener equivalent to 30g sugar

Mix all dry ingredients together. Add the sweetener to the yoghurt and water, stir into the dry ingredients and mix to a light elastic dough. Shape to fit a 450g non stick loaf pan. Bake for 40-45 minutes or until well risen and golden brown.
Oven: 200 degrees.

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* *

FRUIT LOAF

150ml hot tea
100g sultanas
100g seedless rasins
200g wholemeal self-raising flour
1 egg beaten
¼ tsp mixed spice
5 tbsps orange juice
sugar-free sweetener equivalent to 6 tbsps sugar

Pour tea over the fruit, cover and soak overnight, then discard any unabsorbed tea. Add the fruit juice and sweetener to the egg and mix into the fruit. Mix the flour and spice together and stir into the fruit mixture. Turn into a non stick loaf pan and bake for 45 minutes at 180 degrees.

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SUGARLESS DOUGH FOR BISCUITS AND TARTS

250g margarine
1 egg yolk (slightly beaten)
4tbsps water or orange juice
2 cups flour (might need a little bit more)
2tsps vinegar

Cut butter into flour. Add vinegar, juice and yolk.
Put in fridge in gladwrap. Bake at 180 degrees for 20-30 minutes.

* *

GINGER SQUARES

200g self raising wholemeal flour
1tsp bicarbonate of soda
sugar-free sweetener equivalent to 6tbps sugar
100g natural bran flakes
100g margarine
¼ tsp salt
1tsp cinnamon
1 beaten egg
1tsp mixed spice
3tsps ground ginger
3tbsps orange juice

Mix the flour, salt, bicarbonate of soda, bran and spices. Rub margarine into dry mixture until it resembles fine breadcrumbs. Stir sweetener into the egg and orange juice and beat into the flour mixture. Knead well, and roll out thinly on a floured surface. Place on greased baking pan. Bake at 180 degrees for 15-20 minutes, until lightly browned. Cut into squares when cool.

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CHEESE CAKE

Use sugar-free pastry (recipe included in this section)
Roll out the pastry and use to line a greased 18cm oven-ware dish. Chill.

FOR THE FILLING MIX:

275g cottage cheese (drained)
finely grated lemon rind
15g melted margarine
2 eggs (separated)
30ml ground almonds
75g sultanas
juice of ½ lemon

Beat yolks of 2 eggs and brush over the base of pastry case, prick lightly. Mix the remaining egg yolks well into the cheese mixture. Whisk the egg whites stiffly and gently fold into mixture. Spoon the mixture into the pastry case and sprinkle the top with freshly grated nutmeg. Bake at 180 degrees for 30-35 minutes or until risen and golden brown.

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CRUNCHY PEANUT BUTTER BISCUITS

150g wholemeal self raising flour
30ml unsweetened apple or pineapple juice
30ml sesame seeds, toasted
50g crunchy peanut butter
25g margarine
45ml oil

Rub the margarine and oil into the flour. Add the peanut butter and apple juice, mix well. Press together with fingers to form a pliable dough.
(SWEETENER CAN BE ADDED IF DESIRED)
Roll out thinly on a floured surface, cutting into rounds. Sprinkle with sesame seeds. Place on greased baking sheet. Bake at 180 degrees for 12-15 minutes.

PLUM CRUMBLE

450g ripe plums (halved and stoned)
2 medium apples peeled, cored and sliced
60ml pure unsweetened apple juice
squeeze of fresh lemon juice
1cm stick cinnamon
Cook plums and apples with the apple juice, lemon juice and cinnamon until soft. Transfer to an ovenware dish, removing the cinnamon.

TOPPING:

75g wholemeal flour	50g rolled oats
15g coconut	pinch of ground mixed spice
40g margarine	15g flaked almonds

FOR THE CRUMBLE:
Mix the dry ingredients together. Add the margarine and mix thoroughly until none of the crumble remains dry. Sprinkle this over the fruit and scatter the nuts on top. Bake at 180 degrees for + - 30 minutes until the top is crisp. Serve warm with a little cream or yoghurt.

* *

PEANUT BUTTER BITES

1/3 cup peanut butter	1tsp vanilla essence
¾ cup coconut	4tbsps chopped nuts
½ cup cake fruit mix	1tsp grated lemon rind

1tsp sugar substitute, (or to taste)

Mix all ingredients and roll between the palms of your hands to form into bite-sized balls. Chill until firm.

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ALMOND TART

Sugar-free Pastry.
50g margarine
75g ground almonds
50g wholemeal self raising flour
2-3 drops almond essence
45-60ml freshly squeezed orange juice
2 eggs, beaten
15g flaked almonds
100g dried apricots (or peaches) soaked overnight or 60ml diabetic apricot jam

Put the apricots in a pan with 300ml of the soaking water and cook gently until soft. Puree and leave to cool. Line a lightly greased 20cm flan dish with the rolled out pastry. Prick the base. Chill until needed. Soften the margarine, without melting, blend with the eggs in a bowl until frothy and light. Gradually add the flour, ground almonds, almond essence and enough orange juice to make a soft dropping consistency. Spread the apricot puree evenly over base of the pastry case. Pour over the almond mixture, level the top and sprinkle with the flaked almonds. Bake at 180 degrees for 35-40 minutes or until firm to the touch.

* *

SHORTBREAD

250g margarine
2 cups flour
60g sugar substitute (fructose)
5ml almond essence

Cream margarine and sweetener and add essence. Add flour gradually beating well. Press firmly into a greased baking tin (24x33cm). Prick well with fork. Bake at 160 degrees for 30 minutes. Cut into squares.

BISCUITS WITH SESAME SEEDS

sugar-free sweetener equivalent to 4tbsps sugar
100g wholemeal self raising flour
pinch salt
45g margarine
1 beaten egg
2tbsps sesame seeds
½ tsp mixed spice

Mix flour, salt and spice together and rub in the margarine until the mixture resembles fine bread crumbs. Add the sweetener to the egg and stir into the flour mixture to form a stiff dough. Knead well and roll thinly on to a floured board. Brush with a little cold water, sprinkle over the sesame seeds. Press lightly. Cut into squares or oblongs, place on a greased pan. Bake at 180 degrees for 15-20 minutes.

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BUTTERMILK SCONES

200g wholemeal flour
150ml buttermilk
1tsp cream of tartar
30g margarine
1tsp bicarbonate of soda
½ tsp salt
4tbsps natural bran flakes
sugar-free sweetener equivalent to 2 tbsps sugar

Mix dry ingredients together, rub in margarine until mixture resembles fine breadcrumbs. Add sweetener to the milk and stir into flour to form a soft dough. Roll out lightly on a floured surface to 12mm thick and cut into rounds using a 5cm cutter. Place on a non-stick baking tray, brush with a little milk. Bake at 220 degrees for 8-10 minutes. Makes 12

VARIATIONS:

A) Add 30g chopped raisins or sultanas
B) Add 45g chopped dates, to the mixture.

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APPLE SCONES

225g wholemeal flour
20ml baking powder
pinch salt
1 egg (beaten)
50g margarine
1 peeled, grated cooking apple
150ml skimmed milk

Mix dry ingredients well. Rub in the margarine and stir in the apple. Beat the egg and milk together and add to the mixture gradually to form a manageable dough. Reserve any milk and egg mixture left over for glazing. Turn out the dough on to a lightly floured surface and knead very lightly. Roll out 1cm thick and cut into 5cm rounds. Place on a lightly greased baking sheet. Brush over with the remaining egg and milk mixture. Bake at 200 degrees for 10-12 minutes.

VARIATIONS:

Spiced Scones: omit the apples add 7.5ml mixed spice to dry ingredients.

Bran Scones: add 30ml bran to dry ingredients.

Apricot Flavoured Scones: add 30ml dried, soaked, chopped apricots in place of apple.

* *

KIPPER PATE

250g poached kipper fillets skinned, boned and flaked
4tbsps cottage cheese
200g cooked white beans, mashed
pepper
1tbsp lemon juice
2 tsps anchovy essence
pinch cayenne pepper

Mash kipper and cheese together, then mix in the remaining ingredients, or puree all the ingredients together in a blender. Add the seasoning. Spoon into a serving dish, cover and place into fridge until required.

BABY MARROW KUGEL

1 ½ cups flour
1 ½ tsp baking powder
2tbsps powdered stock
¾ cup oil
paprika, salt
8 marrows (grated)
3 chopped onions
¾ cup water
3 eggs

Mix all together, bake in a large oiled ovenware dish. Bake at 180 degrees for 45 minutes.

* *

VEGETABLE PUFFS

2 potatoes (finely chopped)
2 cups carrots (finely chopped)
2 cloves crushed garlic
1 egg lightly beaten
2/3 cup self-raising flour
4 spring onions sliced
1tsp ground ginger
3tsps ground cumin
1 cup frozen peas
¾ cup plain flour
1 ¼ cups water
oil for deep frying

Boil, steam or microwave potatoes, carrots and peas until tender, drain and cool. Combine sifted flours, ginger, cumin and garlic in a bowl. Stir in the egg and water and stand uncovered for 15 minutes. Stir the onions and vegetables into flour mixture. Deep fry tablespoons of the mixture until well browned and cooked. Drain on absorbent paper.

SPICE AND APPLE KNOBS

1 cup cake flour
1tsp ground cinnamon
1tsp sugar substitute, or to taste
½ cup chopped nuts
½ cup finely mashed, well-drained, cooked apples
½ tsp bicarbonate of soda
4tbsps oil
good pinch each salt, ground nutmeg and ground cloves.

Sift together dry ingredients. Combine apple, oil, sugar substitute and nuts, blending well. Add to dry ingredients and mix. Drop small spoonfuls onto a greased baking sheet. Bake at 190 degrees for 10 minutes, or until a light golden colour.

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FRUIT DELIGHTS

½ cup chopped stoned dates
½ cup chopped prunes
2 eggs, beaten
1tsp bicarbonate of soda
1 cup cake flour
½ cup chopped pecan nuts
½ tsp ground cinnamon
½ cup sultanas
1 cup water
125g butter
1tsp vanilla essence
½ tsp salt
pinch ground nutmeg

Boil dates, sultanas and prunes in water for 5 minutes. Add butter and stir until melted. Set aside to cool. Add remaining ingredients and mix well. Pour onto a well-greased baking sheet and bake at 180 degrees, + - for 25 minutes, or until golden. Cut into squares and leave to cool.

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POTATO BAKE WITH ROSEMARY

2tbsps olive oil
¾ cup chicken stock
4/5 medium potatoes thinly sliced
salt to taste
½ tsp rosemary
3-4 cloves garlic, crushed

Toss potato slices in oil. Arrange 1/3 potatoes in a large ovenware dish. Dot with half herbs and garlic. Season, and repeat. Pour over stock and bake at 200 degrees for 1 hour until all liquid is absorbed.

AS A VARIATION LAYER:
1 punnet sliced baby marrows between layers.

* *

SUGARLESS JAM

5tbsp hot water
15g powdered gelatine
500g fruit
a little water
8-10 (0.3g) saccharine tablets or sweetener

Simmer fruit with a little water until soft. Crush saccharine tablets dissolved in the 1tbsp hot water. Add to hot BUT NOT boiling fruit. Add the gelatine dissolved in the 4tbsps hot water. Stir briskly for several minutes, using sterilized jars. Pour hot jam into hot bottling jars. Seal down. Stand in a pan of boiling water and boil briskly for 5 minutes. Lift out and tighten screw band.

SUGARLESS SEVILLE ORANGE MARMALADE

½ cup hot water
30g powdered gelatine
18-20 (0.3g) saccharine tablets
1 litre water
3 medium sized oranges
2 tbsps hot water

Shred the orange peel – discarding some of the white pith. Tie pips in a muslin bag. Put juice in a separate container. (Soak peel and pips in the 1 litre water for 12-14 hours.) Simmer gently until peel is very soft, adding the pips and juice. Remove bag of pips. Dissolve gelatine in the 2tbsp hot water, and the saccharine in the ½ cup hot water. Add to the fruit. Stir from time to time. Pour into sterilized jars and seal down. Stand in a pan of boiling water for 5-10 minutes. Lift out and tighten lid.

SUGARLESS SWEET ORANGE MARMALADE

As for seville orange marmalade, but use only 15 sacchrine tablets, and to 500g sweet oranges add 1 lemon.

NB: THESE JAMS HAVE A LIMITED SHELF LIFE

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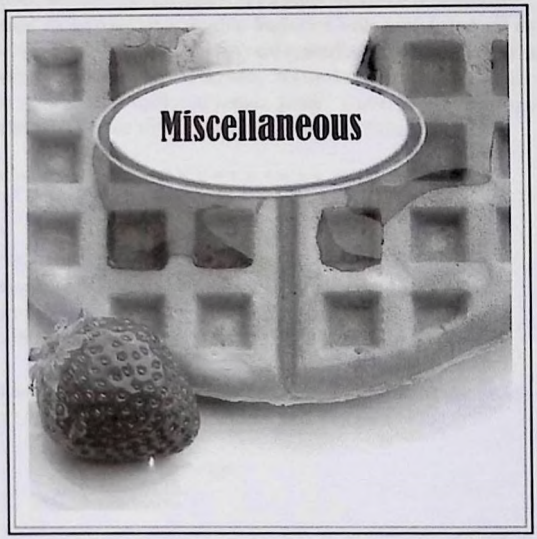
1pkt diabetic biscuits
1 small tin diabetic canned fruit
1 envelope orley whip, sweetened or flavouring of choice
chopped nuts

Crush biscuits, not too finely, add some juice from canned fruit. Place in the bottom of the dish. Put a layer of canned fruit and cover with whipped orley whip and decorate with chopped nuts.

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CRÈME PATISSIERE

500ml milk	6 egg yolks
3tbsps castor sugar	4tbsps cornflour
1tsp vanilla essence	1tsp lemon juice (optional)

Scald milk, beat egg yolks with sugar until thick and lemon coloured. Beat in flour. Pour hot milk in a thin stream into beaten egg yolks, beating all the time. Transfer mixture to a heavy bottomed saucepan, or a double boiler. Cook over low heat or simmering water, stirring constantly, until mixture thickens enough to coat the back of wooden spoon. Remove from heat. Stir in vanilla essence and optional lemon juice. Cover top of custard with buttered wax paper to prevent skin from forming.

* *

RUSKS

Melt 500g margarine with 1 cup sugar
In separate bowl mix:

500ml buttermilk	1 kg self-raising flour
3 cups bran or muesli	3tsp baking powder
salt	2 eggs

Add a handful of sesame/sunflower seeds, raisins. Bake at 160 degrees for 50 minutes. Cool. Cut and dry in oven.

Helen Singer

POMERANTZEN

2 large thick-skinned (preferably red) grape fruit
sugar
Peel the grape fruit. Place the skins in cold water and boil for + - 10 minutes. Remove from water and drain.
Measure 1 cup skins to 1 cup sugar. Place back in pot with + - ¼ cup water and boil till soft and syrup forms. Place on wet board and cut when cool. If there is syrup over, pour onto grape fruit.

* *

PLETZLACH

1kg dried apricots 1 cup hot water
1kg sugar 1 cup blanched almonds (optional)
Soak apricots overnight in hot water. Mince and bring minced apricots to the boil in a heavy bottomed pot. Stir constantly over low heat for 20-25 minutes or until ready. (Readiness can be tested by putting a small amount of mixture in cold water.) If it forms a firm shape it is ready. If desired, blanched almonds can be added just before the mixture is ready. Place on a wet board, cut when cool and roll in sugar.

* * * * * * * * * * * * * * * * * * *

EASY SCONES

IN PROCESSOR PUT:
2 cups flour 2tbsps sugar
4tsps baking powder
(SIFT TOGETHER)
ADD
125g butter 1 egg lightly beaten in cup
add milk to make 1 cup. Pat out and cut into shapes. Bake at 180 degrees for 10-15 minutes till brown.

Helen Zetler

INGBERLACH

1-2 bunches carrots rind of 1 orange, grated
1 pineapple, grated (discard core)
sugar – 1 cup to 1 cup grated carrots
1pkt pecan nuts, chopped (not too finely)
ginger to taste.

Peel and boil carrots for 20 minutes. When cool, grate on a fine grater. Boil orange rind and pineapple with sugar and carrots until mixture starts to thicken. Just before ready add nuts and ginger. Time of cooking depends on how many carrots are used, but consistency should be similar to that of apricot jam. This takes quite a long time, therefore a heavy-bottomed pot must be used and you must stir all the time to prevent burning. When ready remove from stove and pat mixture onto a wet board. Allow to dry and cut into diamond shapes.

* *

EASY MUFFINS

BEAT:
1 egg 1 cup milk
¼ cup oil
{ DO NOT OVERMIX }

ADD:
2 cups flour 1tsp salt
2tbsps sugar 3tsps baking powder
{ MIXTURE MUST BE LUMPY }

Bake at 200 degrees for 15-20 minutes until golden brown.

Jessie Trakman

CORN BREAD

500g self raising flour
1tin sweetcorn large (creamed)
1tin ideal milk (large)
pinch salt

Mix all ingredients well together and bake in a small greased loaf pan at 180 degrees for 1-1 ¼ hours

* *

ONION BREAD

500ml bulgarian yoghurt
1pkt white onion soup
500g self raising flour
pinch of salt

Mix all ingredients well together. Place in well greased loaf pan. Bake at 180 degrees for 1 hour.

* *

WHOLEWHEAT BREAD

5-6 cups nutty wheat flour
2 dessertspoons honey
3 ½ cups warm water
1 dessertspoon salt
3tsps dry yeast

Mix ingredients in a jug and mix into nutty wheat with a fork. Place dough in a warmed oiled bread tin and allow to rise in a warming drawer of the oven for approximately 40 minutes. Rub butter (melted) or sunflower oil over top of bread and bake at 160 degrees for 45 minutes.

FRUIT LOAF – VEGETARIAN

250g mixed cake fruit (cherries optional)
250g soft brown sugar **2ml grated nutmeg**
2ml ground ginger **pinch salt**
5ml ground cinnamon **250ml water**
Boil together for 3 minutes.

Mix together:
80g coconut 260g unsifted nutty wheat flour
5ml baking powder 5ml bicarbonate of soda
175ml drinking yoghurt

Stir into cooked fruit and bake in a greased bread tin at 160 degrees oven for 40 minutes. Serve sliced with butter.

Esther Kernoff

* *

SPECIAL NUTTY WHEAT BREAD

2 ½ cups nutty wheat **200ml sesame seeds**
500ml buttermilk **20ml honey**
1tsp bicarbonate of soda **1tsp salt**
100ml chopped pecan nuts

Mix all together. Place in oiled bread tin, sprinkle with poppy, sunflower and sesame seeds. Bake at 180 degrees for 1 hour.

Pauline Harries

MARMALADE

1 grapefruit 2 oranges
1 lemon (discard skin)
Cut up very finely together, skins included. Add 7 cups of water. Boil for 1 hour. Add 8 cups sugar. Boil fairly fast for ¾ hour, or until it starts to jell. Fill sterilized jars to the top. Seal.

* * * * * * * * * * * * * * * * * * * *

RUBY GRAPEFRUIT MARMALADE

3 ruby grapefruit 1 orange
juice of 1 lemon 1 naartjie
Cut finely. Boil in 6 cups of water for 1 hour. Add 3 kilos sugar and boil for ¾ hour or until it stars to jell. Pour into sterilized jars to the top. Seal.

* *

STRAWBERRY JAM

Wash and hull strawberries, allow 375g sugar to each kilo strawberries. Pack in layers with sugar in saucepan. Leave overnight. Then heat slowly to dissolve sugar. Add juice of one lemon. Boil till ready (+ - 15-20 minutes.) Pour into sterilized jars to the top. Seal.

* * * * * * * * * * * * * * * * * * **

DRIED APRICOT JAM

500g dried apricot 750g sugar
Wash apricots and soak them in about 6 cups of water overnight. Next morning, boil in the same water until tender, add sugar, boil again for approximately 20 minutes. Bottle. An orange or lemon rind and juice may be added whilst cooking.

DRIED APRICOT CHUTNEY

500g apricots
1 cup sugar
1 bottle vinegar
3-4 chillies
3-4 garlic cloves
2 large onions

Soak apricots overnight. Mince all the ingredients. Add the vinegar, and sugar. Mix well and boil together slowly. Bottle when cold. (Remember to sterilize the bottles.) Seal.

* * * * * * * * * * * * * * * * * *

FRESH APRICOT CHUTNEY

3 kilo apricots
1.25kg sugar
750g onions
1 bottle vinegar
250g raisins
½ tbsp ginger
½ tbsp salt
½ tbsp cayenne pepper.

Wash and stone apricots. Boil all ingredients together till fruit is tender. Bottle and seal when cold.

* * * * * * * * * * * * * * * * * *

PEACH CHUTNEY

1kg peaches
500g onions
500g raisins
2 cups sugar
2tbsps curry powder
1 dessertspoon ginger
1 dessertspoon salt
¼ tsp pepper
1tsp mixed spice
1tsp cinnamon

Mince all ingredients, and then boil together until thick. Bottle and seal.

BRANDIED KUMQUATS

1.5kg kumquats
2 cups brandy
water

LIGHT SUGAR SYRUP

2 cups sugar
1 ¼ litres water

SPICED SUGAR SYRUP

4 cups sugar
1 litre water
15cm cinnamon stick
6 whole cloves
8 whole all spice

Wash kumquats well, place in medium size saucepan, cover with water. Bring to the boil, boil uncovered for 15 minutes, drain. Cover kumquats again with cold water, and boil 15 minutes, drain. Repeat this process once more and drain. Pour prepared light sugar syrup over kumquats in saucepan. Bring to boil and boil uncovered for 20 minutes or until kumquats are transparent and very tender. Carefully drain syrup from kumquats, being careful not to break them. Pour prepared spiced sugar syrup over kumquats, and bring to boil uncovered for 15 minutes. Remove pan from heat, add brandy and mix lightly. Place kumquats with syrup in hot sterilized jars and seal. Allow to stand to stand 2 weeks before using.

LIGHT SUGAR SYRUP

Place sugar and water in large pan. Stir over low heat until sugar is dissolved, remove from heat.

SPICED SUGAR SYRUP

Place sugar, water, cinnamon stick, cloves and allspice in large saucepan, stir over heat until sugar is dissolved, bring to boil. Reduce heat, simmer 3 minutes and remove pan from heat.

CHEF'S NOTE:

If bottling kumquats in several jars, break cinnamon stick into pieces and add a piece to each jar.

FUDGE

250g butter **2 tins condensed milk (x397g)**
1kg sugar **2tbsps syrup**
2tbsps water **2tsps vanilla essence**

Melt all the ingredients together EXCEPT the milk. When sugar has dissolved, add the milk and stir. When the mixture starts to boil, turn down heat, but stir continually for 20 minutes or until it comes away from the sides of pan and reaches the soft ball stage. Take off stove and add the vanilla essence. Pour into swiss roll tin (27x40cm). Let it set just hard enough to cut into squares.

* *

COCONUT ICE

2kg sugar 1kg coconut
½ litre milk 1tsp vanilla essence
pink colouring

Boil sugar and milk for 5 minutes. Take off stove and add the coconut very quickly. Add vanilla essence. Divide into two and colour one half pink. Pat the white into a deep dish and then the pink on top. Let it set slightly and cut into squares.

* * * * * * * * * * * * * * * * * * *

MACAROONS

4 egg whites **grated rind of 1 lemon**
2 cups sugar **4 cups coconut**

Beat egg whites on the stove in top of double boiler (use an electric hand beater). Gradually add sugar, beating until very stiff. Add the rind and take off the stove, then add the coconut. Place wax paper on a large baking sheet and put heaped teaspoonsful of mixture on the paper. Decorate with cherries. Bake at 160 degrees for approximately 20 minutes.

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SHOPRITE CHECKERS

Millilitres	Grammes
250ml Butter	250g
250ml Dry Breadcrumbs	150g
250ml Fresh Breadcrumbs	75g
250ml Brown Sugar	200g
250ml Self-raising	150g
250ml Dates	200g
250ml Mixed Peel	150g
250ml Grated Cheese	100g
250ml Coconut	100g
250ml Cake Flour	150g
250ml Currants	150g
250ml Cornflour	150g
250ml Nuts	150g
250ml Milk Powder	125g
250ml Raisins	150g
250ml Rice	200g
250ml Sugar	225g
250ml Castor Sugar	250g
250ml Icing Sugar	150g
250ml Custard Powder	150g
250ml Wholewheat Flour	125g

Weights	
Ounces	Grammes
½	15
1	30
2	60
3	85
4	110
5	140
6	170
7	200
8	230
9	250
10	280
11	310
12	340
13	370
14	400
15	425
16	450

Mass & Liquid

¼ pint – 125ml
½ pint – 250ml
¾ pint – 375ml
1 pint – 500ml
1 quart – 1 litre

1tspn – 5ml
2tspns – 10ml
1tblspn – 12.5ml
¼ cup – 65ml
1/3 cup – 80ml
½ cup – 125ml

Temperatures

F°	℃	
200	100	
225	110	
250	120	very cool
275	135	
300	150	cool
325	160	
350	175	
375	190	moderate
400	200	
425	210	
450	220	
475	240	very hot

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A fresh pot of coffee
You didn't make yourself.
An unexpected phone call from an old friend.
Green stoplights on your way to work or shop
I wish you a day of
Little things to rejoice in. . . .
The fastest line at the grocery store.
A good sing along song on the radio.
Your keys right where you look.
I wish you a day of happiness and perfection- -
I wish you little bite-size pieces of perfection that
give you the funny feeling that the Lord is smiling on you,
holding you so gently because you are someone
special and rare.
I wish You a day of Peace, Happiness and Joy.
Remember to Make the Time TODAY,
To do something Special for a Total Stranger.
Have a Terrific day
Make it a Great Day!!!

With Compliments from
Julius Solomon

Carrot cake 130